Reflection Exercise: Gauging Trust

Take a few minutes to think about who you trust, and why. Use the table below to list out three people that you trust and three you think trust you

|  |  |  |
| --- | --- | --- |
| **Category​​** | **Name​/Description​** | **Reasons​​** |
| Example 1 (Personal)​ | ​Mom/Dad​ | Literally kept me alive. Has always showed up for me when I needed her.​ |
| Example 2 (Professional)​ | ​Jane Doe / Old Boss​ | ​Had my back early in my career. Took ownership of my mistake and helped me correct it moving forward.​ |
| Person I trust​​ | ​​ | ​​ |
| Person I trust​​ | ​​ | ​​ |
| Person I trust​​ | ​​ | ​​ |
| Person who trusts me​ | ​​ | ​​ |
| Person who trusts me​ | ​ | ​ |
| Person who trusts me​ | ​ | ​ |

Reflection Exercise: What is trust, to you?

What characteristics do the people you trust have in common?

What actions do you take that help others trust you? What actions do you take to maintain trust?

Reflection Exercise: How can trust be lost?

Think of a time when you had built trust with someone, and it was lost or damaged. Conversely, was there a time when someone trusted you, but your actions led to damaged trust? What happened that caused trust to be lost in this situation?

Hindsight in any situation helps us learn and improve. Is there something the person (or you) could have done better or avoided to not lose your (their) trust?