

Personal Trust Reflection

We often take this issue of Trust for granted, and don't realise that it is in fact a complex dynamic. Take a few moments now to reflect on your own experiences and perspectives about trust by answering the following questions:

Question	Response
Do you consider yourself trustworthy?	
Do you consider all other humans trustworthy?	
Why do we trust some people and not others?	
Think about someone in your life that you trust unconditionally – what qualities do they exhibit, or circumstances that have occurred with them, that creates your trust of them?	
Think about someone in your life that you don't trust – what qualities or circumstances have resulted in your not being able to trust them?	
Do you have any 'conditional' trust situations – where you might trust an individual in some scenarios but not that very same person in other circumstances? What are the differentiators that drive this 'conditional' trust?	
Has anyone ever broken your trust? Think of some examples – what occurred that resulted in that loss of trust? Is this a universal trigger for you, or person specific?	

<p>How did/do you deal with someone whom you once trusted but broke your trust?</p>	
<p>Have you ever broken another's trust? If so, what actions or conditions contributed to the trust being broken? Was it your intention to have this outcome? If not, what meaning do you make of this and how it unfolded?</p>	
<p>There are two kinds of people in the world – those who upon meeting someone for the first time will be fully open and hold a position of offering trust, and will continue to hold that unless that trust is broken AND those individuals who do not do this, and for whom trust must be earned. What kind of person are you? And why is this the case?</p>	
<p>How long does it take to break your trust?</p>	
<p>In your view, can trust once broken ever be re-built?</p>	
<p>How long does it take to re-build trust? And can it ever be the exactly same as it was before? Why?</p>	
<p>In a work context, can you truly relate to another you either don't trust or who doesn't trust you? What does that look like in your interactions? Your predisposition?</p>	
<p>What is the impact of having low trust cultures in teams or across organisations?</p>	

What is the impact on your life of your ability to trust or not trust another?	
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Review your answers:

What have you learned about yourself and your relationship to trust? Do you think your views and experience are the same for everyone? What is the implication of this for relationships?

This set of questions are available in the [Library of References and Templates](#) that will be available after the completion of this session – you may use them in order to introduce your Mentee's to a conversation about trust.