

Name: _____

Date: _____

BUILDING TRUST WORKSHEET

TRUST

Write down a person you trust with your life.

Why do you trust him/her?

What did they say, do, or act that made you trust them?

How long did it take you to trust this person?

ANTI-TRUST

Write down what types of people you do not trust.

Why don't you trust them?

What would make you not trust someone?

If someone broke your trust what would it take to trust that person again?