

Name:

Date:

# FAMILY TRUST WORKSHEET

1. The things that make me feel safe in my family are:

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2. I feel most supported by my family when:

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3. One thing my family does that builds trust is:

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4. One thing that sometimes breaks trust in my family is:

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5. Something I can do to build more trust in my family:

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6. Something I would like my family to do to build more trust:

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7. One positive thing about my family is:

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