

Name:

Date:

Trust Therapy Worksheet

1. What does trust mean to you?

2. When do you feel safe trusting someone?

3. Describe a time when someone showed you trust.

4. Describe a time when trust was broken.

5. How did that experience affect you?

6. What helps rebuild trust for you?

7. What can you do to become a more trustworthy person?

8. One step I can take to build trust today: