

The Anatomy of Trust

What are the components of trust?

Behaviors of a trustworthy person:

BRAVING:

B. Boundaries: what's OK and what's not OK, respecting yours and having my own,

R. Reliability: you do what you say and you say what you do, authentic (real)

A. Accountability: rather than blame, rationalizing, or make excuses, you own your mistakes, acknowledge the pain you caused, and you make amends

V. Vault: confidentiality - not sharing information or stories that are not yours to share, what I share with you, you will hold in confidence (and I do the same with you!); no gossiping

I. Integrity: practicing the values you claim are most important to you, for example, choosing courage over comfort; choosing what's right over what's fun, easy or fast; practicing my values, not only just professing my values

N. Non-Judgment: non-judgement in asking for help or delivering help, I can ask you for help without feeling judged, and I can need help without judging myself.

G. Generosity: am I generous in my assumptions towards you when something goes wrong rather than immediately assuming the worst about your intentions, I assume the best about your intentions, and I ask you about it.

I can't expect from others what I don't give to myself.

For example: if I don't love myself how can I expect others to trust me when I tell them I love them?

If I have difficulty trusting others, first ask myself: how do I treat myself? We can't ask people to give to us something that we do not believe we are worthy of receiving. I know I am worthy of receiving trust when I act in a trustworthy way towards myself.