

Reflections on Trust

Do you trust people? Do people trust you?

Tips while reflecting:

- Set aside 10 mins of focused time to do this so you can reflect on each question.
- Be as honest as you can be. This is about knowing yourself, not finding an ideal answer.
- The questions may seem repetitive. This is by design. The idea is to gain a deeper understanding of your attitude towards trust.
- This document is a snapshot of the present. So stay in your situation now, not in the past.
- This reflection exercise is not meant to judge or tag. It is meant to help you think about the role of trust.

Rate on a scale of 1 - 5. 1 = Rarely, 5 = Always

1. I believe people generally follow through on their promises.
2. I find information shared by people credible.
3. I always keep my promises.
4. I commit to helping someone even if it means I need to spend extra time on it.
5. I can easily confide in others.
6. I find it easy to forgive someone who has broken my trust.
7. I agonize over the smallest mistakes in my work.
8. I find downtime stressful.
9. I judge people who prioritize going to the gym over work.
10. I feel like I have truly earned my title and I know my work well.
11. I feel the need to find facts when my trust is broken.
12. I feel sharing complete information adds a lot of value to my work.
13. I feel a coworker has never taken credit for the work I have done.
14. I enjoy change because it brings challenge.
15. I am happy to share my personal belongings with anyone.
16. I have been taken for a ride for trusting easily.
17. In case of a conflict, I say what I want to.
18. I prefer to work with people around me.
19. I think my superiors are less competent than me.
20. I don't apply for a new role unless there is a full match.
21. I need to correct my team's work before submitting.
22. I must keep my word, even at the cost of my loved ones.
23. I find it easy to share information about someone without their permission.
24. I believe that my ability to trust and how quickly I trust differs according to the circumstances.
25. I believe that trust plays an important role in establishing the first impression.



SELF REFLECTION ON TRUST

Look at your scores. Identify the statements with a score of 1 or 5 and reflect on the questions below.

If you have marked a question 1, ask yourself:

- What makes me rank this statement so low?
- How important is it for me to trust in this situation?
- What will I need to do to trust more?

If you have marked a question 5, ask yourself:

- What makes me rank this statement so high?
- What do I want to feel?
- What should I do to feel that way?

Additional thoughts:

- Do I trust too easily? How do I put safeguards in place?
- Am I being too cynical? What would make me put my doubts aside?
- If I have lost the trust, how do I go back to rebuilding trust?

Remember that finding the right balance in trust is key. It's important to trust others to a certain extent to build strong relationships and collaborations. However, it's also crucial to maintain a level of discernment to protect yourself from potential disappointments. Just like with trust, using your strengths wisely and not in excess can help you avoid pitfalls and ensure your capabilities shine brightly when needed. By navigating trust and strength with mindfulness, you can pave the way for success in your interactions.

