

***The people I trust most are***

(check one or more):

- friends my own age.
  - my mother.
  - my father.
  - my brother(s).
  - my sister(s).
  - people of the same sex.
  - people of the opposite sex.
  - a teacher.
  - a priest.
  - a nun or a Brother.
  - an older friend.
  - an aunt.
  - an uncle.
  - a cousin.
  - a special person.
  - someone I've met  
for the first time.
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***I know I am trusted if (check one  
or more):***

- someone shares a secret with me.
- a friend lends me money.
- I am allowed to go with whomever I  
choose.
- I can set my own time for returning  
home.
- a neighbor asks me to baby-sit.

***Trust really means:***

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**When was the last time I really trusted someone? What thoughts and feelings did I share with that person?**

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**When was the last time I held back and failed to reveal my feelings to someone I wanted to trust? What did I want to reveal? How did I feel about the fact that I didn't do it?**

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**When was the last time someone trusted me by sharing something personal with me? What did the person share? How did the fact that he or she trusted me make me feel?**

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**What have I learned from exploring these questions that can help me be more open with the people I know?**

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