

# Ask Yourself

1.

*What experiences involving trust have I had that are similar to the ones we've been talking about?*

2.

*Have there been any recent instances in which I was not totally trustful with one or more of my relatives or friends?*

3.

*Have I had any recent experience in which I was totally trustful with one or more of my relatives or friends?*

4.

*Have I had any recent experience in which one or more of my relatives or friends was not totally trustful with me?*

5.

*Have I had any recent experience in which one or more of my relatives or friends was totally trustful with me?*

6.

*Is there any difference between the way I trust my friends and the way I trust members of my family?*

7.

*Is there any difference between the way members of my family trust me and the way my friends trust me?*

8.

*What things do I talk about with my parents that I don't talk about with my friends?*

9.

*What things do I talk about with my friends that I don't talk about with my parents?*

10.

*Have I ever betrayed a confidence?  
Has anyone ever betrayed a confidence of mine?*