

## Small Groups:

Quotes to consider as you go through these questions:

*"Trust yourself. You know more than you think you do." "A man who doesn't trust himself can never really trust anyone else."*

- ☛ Was there ever a time where a close friend/family member betrayed your trust? Were you able to trust them again after that?
  - ✍ If yes, what did it take for to earn it back?
  - ✍ If no, do you want to be able to trust that person again?
- ☛ Do you trust yourself?
- ☛ In what ways do you trust yourself?
  - ✍ *Possible examples:* knowing one's limitations, hanging out with the "right" group of people, being able to stand up for yourself, handling peer pressure situations...
- ☛ If you don't trust yourself, how can you learn to do so?
- ☛ Have you ever lost trust in yourself? What happened and how did you learn to trust yourself again?
- ☛ Is it easy or difficult to trust yourself?
- ☛ Can you trust other people without trusting yourself?
- ☛ Does your ability to trust yourself affect your ability to trust others? Why or Why not?
- ☛ Activity:

### Truth or Lies

Each person writes down three different things about themselves, but two of them must be true and one must be a lie. One person will read their three "facts" and the rest of the group has to guess which one is a lie. Try to pick interesting facts so that the false one won't be so obvious and so your group members learn something they may not have known about you.

Chrissy's example: I have fed Sea Lions and swam with dolphins. I have been chased by Llamas. I have held a snake around my neck. Which one is not true? I have not held a snake around my neck.

## Whole Group:

- ☛ One person from each group will recap the discussion that they had, giving the groups' main ideas on self trust and how it affects one's ability to trust other people.
- ☛ Share thoughts/feelings on the small group activity.
- ☛ Second whole group activity if there is still time.