

## **TRUST**

### **BELIEFS**

- DO YOU BELIEVE THAT MOST PEOPLE CAN BE TRUSTED?
- DO YOU BELIEVE YOU CAN'T TRUST ANYONE?
- DO YOU BELIEVE IN AND TRUST OTHER PEOPLE?
- DO YOU BELIEVE OTHER PEOPLE ARE OUT TO HURT YOU?

### **EXPERIENCES**

- HOW OFTEN DO YOU FEEL LET DOWN BY PEOPLE?
- IN WHAT SITUATIONS ARE YOU MOST EASILY SUSPICIOUS?
- AROUND PEOPLE THAT YOU DON'T KNOW WELL OR AT ALL HOW DO YOU USUALLY ACT?
- WHEN WAS A TIME YOU DIDN'T TRUST SOMEBODY BUT THEY SURPRISED YOU?
- HOW SUSPICIOUS ARE YOU?
- HOW DOES IT FEEL WHEN SOMEONE TRUSTS YOU?
- HOW DOES IT FEEL WHEN SOMEONE DISTRUSTS YOU?
- WHAT KEEPS YOU FROM TRUSTING CERTAIN PEOPLE?
- ARE YOU SKEPTICAL ABOUT PEOPLE WHO DO THINGS FOR YOU?
- DO YOU FIND THAT PEOPLE YOU DO THINGS FOR ARE SKEPTICAL ABOUT YOU?
- ARE YOU NAIVE OR OVERLY TRUSTING?
- HOW LONG DOES IT TAKE YOU TO TRUST SOMEONE?
- HOW WELL DO YOU TAKE CARE OF THE TIME, ENERGY & POSSESSIONS ENTRUSTED TO YOU?
- ARE YOU LIKELY TO SEARCH FOR PEOPLE'S HIDDEN MOTIVES?
- WHAT IS SOMETHING ALMOST EVERYONE WOULD TRUST YOU FOR?
- ARE YOU ABLE TO MEET OTHERS WITHOUT SUSPICION?
- WHO ARE SEVERAL PEOPLE WHO CONFIDE IN YOU?
- WERE THERE ANY PEOPLE IN YOUR LIFE WHO TOLD YOU OR SHOWED YOU NOT TO TRUST ANYONE? WHO ARE THEY?
- HAVE YOU EVER TRIED TO CONFIDE IN SOMEONE YOU TRUSTED AND WERE REJECTED?
- WHO WOULD YOU TRUST TO PAY YOU BACK BORROWED MONEY?
- WHO WOULD YOU TRUST TO BE COOL IN A CRISIS?
- WHO WOULD YOU TRUST TO SAVE YOU IF YOU WERE DROWNING?
- WHO WOULD YOU TRUST TO TELL YOU THE TRUTH ABOUT YOUR PERSONAL APPEARANCE?