

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?*