

What it means to trust

	BRAVING	TRUSTING OTHERS	TRUSTING SELF
B	BOUNDARIES	You respect my boundaries & when you're not clear about what's ok & what's not ok, you ask. You're willing to say no.	Did I respect my own boundaries? Was I clear about what is, & is not, ok?
R	RELIABILITY	You do what you say you'll do. You don't over-promise & you deliver on commitments.	Was I reliable? Did I do what I said I was going to do?
A	ACCOUNTABILITY	You own your mistakes, apologise, & make amends	Did I hold myself accountable?
V	VAULT	You don't share information that is not yours to share. I know my confidences are kept.	Did I respect the vault & share appropriately?
I	INTEGRITY	You choose courage over comfort. You choose what is right over what is easy. You practice your values.	Did I act from my integrity? Was I true to myself?
N	NONJUDGEMENT	I can ask for what I need & you can ask for what you need. We can talk about how we feel without judgement	Did I ask for what I needed? Was I non-judgemental about needing help?
G	GENEROSITY	You extend the most generous interpretation possible to the intentions, words, & actions of others.	Was I generous toward myself?