

# 'Trust Me' Worksheet

Think of someone you wish had trusted you. You might feel judged or misunderstood by this person. Once you have this person (or group of people) in mind, complete this worksheet.

## Judge the Person (Step 1)

### 1.A Name them

\_\_\_\_\_

(person, group of people or organization)

doesn't trust me.

### 1.B Judge them for not trusting you

List at least 5 reasons why **they** didn't trust you.

### 1.C Tell them how you *really* feel

If there was 100% trust, what might **you** tell them?

## Observe the Situation (Step 2)

### 2.A Clarify exactly when and where trust was lost

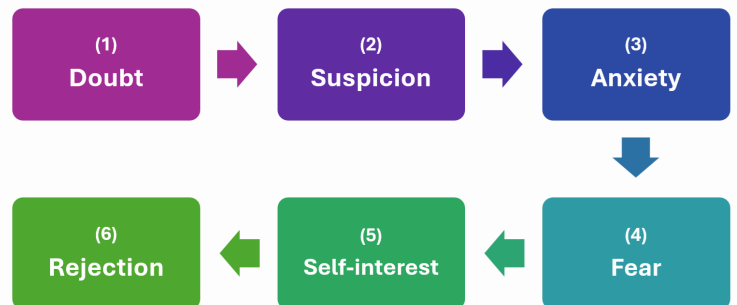
\_\_\_\_\_

When did you feel untrusted?

\_\_\_\_\_

Where did you feel untrusted?

### 2.B Label how untrusted you felt



\_\_\_\_\_

Label the **intensity** of mistrust in that situation

### 2.C Consider their point-of-view

If there was 100% trust, what might **they** tell you?

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## Assess the Situation

(Step 3)

3.A \_\_\_\_\_ didn't trust me when \_\_\_\_\_.  
(person / group / organization) (brief description of situation)

3.B Are you 100% certain that your assessment is 100% accurate?

Yes / No

### Curious Questions:

- Do you have **any proof** to support your thoughts?
- Did the situation feel **odd or unusual** in any way?
- Did you appear **anxious** or **uncomfortable**?
- Did you feel **out-of-character** or **off** in any way?
- Do **you** trust them?
- Do **you** respect and acknowledge them?
- Does this situation seem to **repeat** in your life?  
*If yes, why do you think this pattern keeps repeating?*

## Write a New Story

(Step 4)

4. Imagine what this situation would look like if you had felt trusted.

What would feel different about this situation? What would feel the same?