

Relationships

SUCCESS+

PERSONAL TRUST-BUILDING GUIDE

Fine-Tune Your Personal Connections



Trust is the invisible string that holds all your relationships together.

From your relationship with yourself to those with your spouse, family, and friends, each connection in your life comes with its own unique considerations and recommendations.

With insight into each kind of personal bond, this trust-building guide includes strategies and best practices for reflecting and building trust to better serve you and those who matter most to you.

Remember, trust is a delicate balance of consistency, open communication, and mutual respect.

Adapt the following exercises to the specific needs and dynamics of each relationship.



Build a Foundation of Self-Trust

Develop an unshakable belief in your mental resilience.

►► Shift Your Mindset

Discover the differences between **self-judgment** and **self-discernment**.

Self-Judgment:

Doubting and criticizing how you cope with challenges and manage difficult emotions can chip away at your confidence.



Self-Discernment:

Understanding and accepting your emotional responses builds confidence and fosters self awareness.

Reflect on the Bonds That Shape You

How do I recognize and interpret my emotions?

Would I ask myself for help if I was my own friend?
Why or why not?

What situations make me doubt myself the most?

What areas of my personal life do I feel most confident?

Mantras of Self-Belief

Write the following down, or speak them aloud:

I am honest and true to myself and others.

I am reliable and dependable.

I am worthy of love and respect.

For an extra dose of self love, sign up for our [Daily Quotes](#) to get motivational words of wisdom delivered daily to your phone.

Trust-Building Exercises

Meditation

Find time daily to cultivate mindfulness and reduce self-doubt.

Challenge Yourself

Step outside your comfort zone and embrace new experiences to build resilience and confidence.

▼ The Self-Awareness Journal

For each emotion listed on the next page, try to recall the specific situation where you last felt it, what triggered it, how your body physically reacted (e.g., increased heart rate, clenched fists, etc.), and what thoughts were going through your mind. Be as detailed as possible. Don't judge your feelings—simply observe and record them.



THE SELF-AWARENESS JOURNAL

Joy

Sadness

Anger

Fear

Surprise

Disgust

Remember: Building trust in yourself is the only way to earn trust in others. By understanding your emotions, believing in your own capabilities, and acting with integrity, you inspire trust in yourself and those around you. Continue to practice these exercises and incorporate them into your daily life. Celebrate your progress, no matter how big or small, and embrace the journey of becoming your most authentic self!

Perfect Your Partnership

Forge your love in trust, strengthen your bond, deepen your connection.

►► Shift Your Mindset

Discover the differences between **judgment** and **discernment** when it comes to your relationship with your partner.

Judgment:

Focusing on your partner's flaws, constantly criticizing, and assuming negative intent can decrease trust.



Discernment:

Recognizing your own feelings and needs, communicating them assertively, and seeking to understand your partner's perspective can foster trust.

Reflect on the Bonds That Shape You

In what ways do I feel comfortable and uncomfortable sharing my vulnerabilities and fears with my partner?

Do I believe my partner has my best interests at heart? Why or why not?

How secure do I feel that my partner will keep their promises and commitments to me?

How do I feel when I express opinions and feelings that are different from my partner?

I am committed to open and honest communication with my partner.

I trust my partner to support me and have my back.

We make time for each other, no matter how busy life gets.

Trust-Building Exercises

Gratitude Challenge

Once a week, tell your partner 3 things you appreciate about them.

Our Bucket List

Create a shared list of experiences to look forward to together.

▼ Heart-to-Heart Letters

Reflect on your relationship by responding to questions about your commitment to each other.

- **What You'll Need**

- ☐ Two journals or notebooks
- ☐ Two pens

- **How It Works**

Write a heartfelt letter to each other, answering a series of prompts related to trust and intimacy:

- What does trust mean to me?
- What makes me feel most secure and loved in our relationship?
- What are the biggest challenges we've faced in our relationship, and how have we overcome them?
- What are the things I wish my partner knew about me?
- What are the most valuable lessons I've learned from our experiences together?
- What are my hopes and dreams for our future together?
- Afterward, share your journal entries with each other. Be open and honest, and listen actively to your partner's thoughts and feelings. Discuss the insights gained from the journaling process.



Remember: Trust is the foundation of any strong relationship. By taking the time to communicate openly and honestly, you can strengthen your bond and build a future filled with love and understanding!

Anchor Your House in Trust

Double knot the family ties.

►► Shift Your Mindset

Discover the differences between **judgment** and **discernment** when it comes to familial relationships.

Judgment:

Making quick judgments about a family member's actions, gossiping within the family, or holding grudges can damage family relationships.



Discernment:

Practicing empathy, offering support, and being honest and open about your feelings can strengthen family bonds.

Reflect on the Bonds That Shape You

Do I feel understood and supported by my family members? Why or why not?

How often do I have open and honest conversations with my family?

How do my family members feel when I'm around?

How has my emotional connection with my family evolved over time?

Let's build a stronger, more loving family.

We're a family, and we'll face challenges together.

We are grateful for each other's presence in our lives.

Trust-Building Exercises

Shared Storytelling

Gather around the dinner table, and share stories about your family history, funny childhood memories, or personal challenges.

Family Volunteering

Engage in a community service project together to foster a sense of shared purpose.

▼ Family Scavenger Hunt

Create a list of clues around meaningful family mementos. Divide into teams to find the items. Then, explain your feelings, thoughts, and memories about each prized possession.

- **What You'll Need**

A list of clues such as:

- ☐ A specific kitchen utensil to make a family member's favorite dish
- ☐ A certain type of shoe that defines a family member
- ☐ A specific color clothing item for another family member
- ☐ A particular board game that everyone has fond memories playing
- ☐ A favorite family recipe
- ☐ A favorite family photo
- ☐ A specific book with sentimental meaning
- ☐ A handwritten letter
- ☐ A special piece of jewelry
- ☐ A family heirloom
- ☐ A toy from childhood

- **How It Works**

1. Compile an assortment of requests of items that have meaning to the family.
2. Divide your family into teams to make it a friendly competition.
3. Teams work through the list and photograph each item.
4. Once a player/team photographs all the items, gather as a family to share stories and memories associated with the items chosen.

Take time to cherish the memories and connections you've made. The laughter, shared stories, and bonds strengthened will be treasured for years to come. Remember, it's not just about the hunt; it's about the heart!

Forge Your Friendships

Foster trust and understanding in your social circle.

►► Shift Your Mindset

Discover the differences between **judgment** and **discernment** when it comes to friendships.

Judgment:

Making quick judgments about a friend's actions, gossiping, or holding grudges can damage trust.



Discernment:

Practicing empathy, offering support, and being honest and open about your feelings can strengthen trust.

Reflect on the Bonds That Shape You

How often do I rely on my friends for advice and support?

Do I believe my friends would be there for me in a crisis? Why or why not?

How often do I share my secrets and vulnerabilities with my friends?

What are some specific behaviors or actions that I believe strengthen trust in a friendship?

Mantras for Cultivating Camaraderie

Write the following down, or speak them aloud:

I am committed to open and honest communication with my friends.

I trust my friend to support me and have my back.

We make time for each other, no matter how busy life gets.

Trust-Building Exercises

Back-to-Back Drawing

Sit back-to-back with your friend. One person describes a simple drawing, while the other tries to recreate it based on the verbal instructions. This exercise emphasizes active listening and understanding.

Blindfolded Obstacle Course

One person wears a blindfold while the other guides them through a physical obstacle course. This requires clear communication and trust in the guide's instructions.

▼ Candid Chit Chat

Have a deep conversation about your hopes, dreams, fears, and vulnerabilities.

• What You'll Need

- ☐ A comfortable space
- ☐ A calming vibe
- ☐ Something good to drink and snack on
- ☐ Some questions to get you two thinking:
 - ☐ What's your biggest dream right now?
 - ☐ What's one thing you're scared of?
 - ☐ What's something you've learned about yourself recently?
 - ☐ What's one thing you're grateful for?

• How It Works

1. Use the provided questions as a starting point, but feel free to go wherever the conversation takes you.
2. Give your full attention to your friend, and really listen to what they're saying.
3. Share your own thoughts and feelings, even if they're vulnerable.
4. Try to understand your friend's perspective, even if you don't agree with it.

Remember: The goal of this exercise is to strengthen your bond and build trust. Be patient, be kind, and most importantly, be yourself!

