

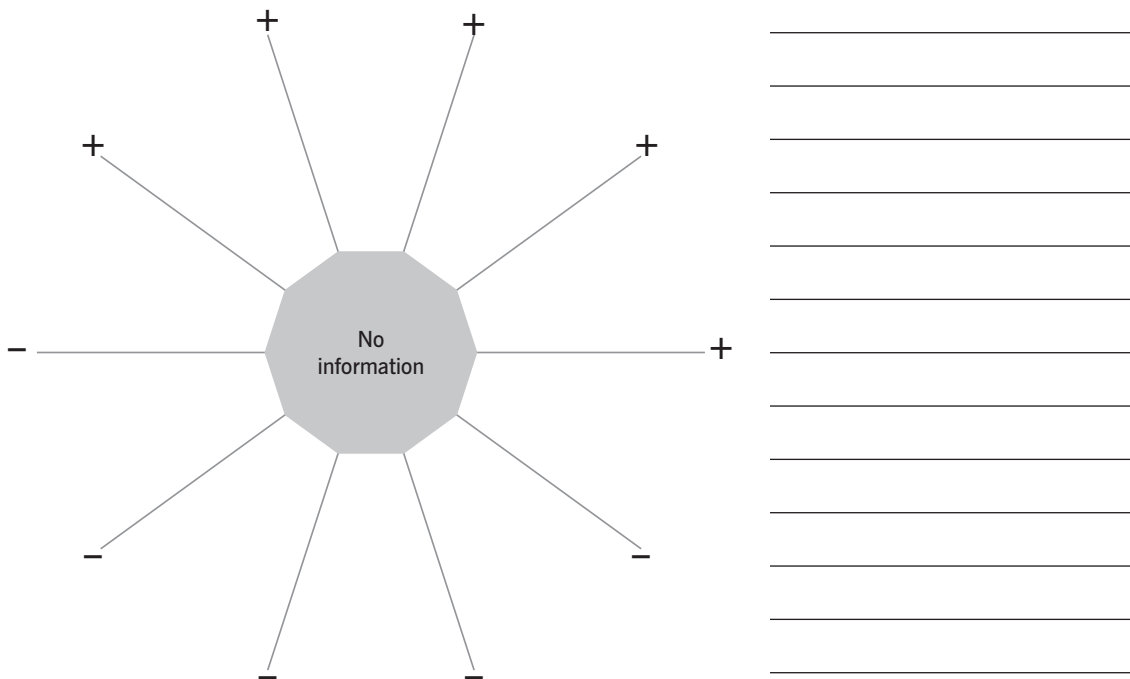
## HANDOUT 9.3

# Trust Star Worksheet

Date: \_\_\_\_\_ Client: \_\_\_\_\_

There are many different types of trust (such as keeping secrets and being reliable). Below, in the lines down the left side of the page, list all the different types of trust you can think of. Then think about one particular person. Write in your relationship with this person here: \_\_\_\_\_. If you cannot think of a family member or friend, then think of someone in which you must place your trust, such as a doctor, mechanic, or bus driver. Put a star by the most important types of trust for this person. Then fill in the Trust Star graphic by writing a type of trust on each line, and putting an x on the line to indicate how much you trust this person with that type of trust. The plus sign at one end of each line means maximum trust; the minus sign means no trust at all. If you don't know how much you trust the person in this way, put the x just inside the "No information" circle. Does this person need to be trustworthy in *every* way? What about the most important ways? Would you trust this person to pull your tooth, cut your hair, or fix your car?

## TYPES OF TRUST



## HANDOUT 9.3A

# Sample Trust Star Worksheet

There are many different types of trust (such as keeping secrets and being reliable). Below, in the lines down the left side of the page, list all the different types of trust you can think of. Then think about one particular person. Write in your relationship with this person here: friend. If you cannot think of a family member or friend, then think of someone in which you must place your trust, such as a doctor, mechanic, or bus driver. Put a star by the most important types of trust for this person. Then fill in the Trust Star graphic by writing a type of trust on each line, and putting an x on the line to indicate how much you trust this person with that type of trust. The plus sign at one end of each line means maximum trust; the minus sign means no trust at all. If you don't know how much you trust the person in this way, put the x just inside the "No information" circle. Does this person need to be trustworthy in *every* way? What about the most important ways? Would you trust this person to pull your tooth, cut your hair, or fix your car?

### TYPES OF TRUST

