Universal Human Values Assignment 3

Q. **Explain the Foundational Value in Relationship**

A.

The Foundational Value of Trust in Relationships

Trust, or *vishwãs*, is the cornerstone of meaningful relationships. It reflects the belief that every human being desires happiness and prosperity, not just for themselves but for others as well. This mutual understanding fosters strong, lasting connections, while a lack of trust leads to fear and conflict. To appreciate the importance of trust, we must examine human intentions and competence, and their impact on relationships.

Understanding Trust

Trust is built on four key beliefs:

1. I want to be happy.

2. I want others to be happy.

3. Others want to be happy.

4. Others want me to be happy.

When we believe others, like us, seek happiness, we feel secure. Doubt in these intentions, however, leads to fear and mistrust, which weakens relationships.

Intention vs. Competence

Trust requires distinguishing between intention (what someone aspires to do) and competence (their ability to do it). We often judge ourselves by our intentions but others by their competence. Recognizing that everyone desires happiness, but not all have the competence to achieve it, allows us to empathize and avoid mistrust.

The Role of Self-Exploration

Self-exploration helps us affirm our intentions for happiness and extend that understanding to others. By focusing on intentions, rather than competence, we avoid misinterpreting actions and cultivate stronger relationships.

Trust in Everyday Life

In families and friendships, mistrust often arises from doubting intentions. By focusing on intention and supporting each other's competence, we can resolve conflicts and foster mutual growth.