

WHO DO I TRUST, AND WHY?

Youth Relationship Mapping Worksheet

WHAT IS TRUST?

Trust means believing someone will:

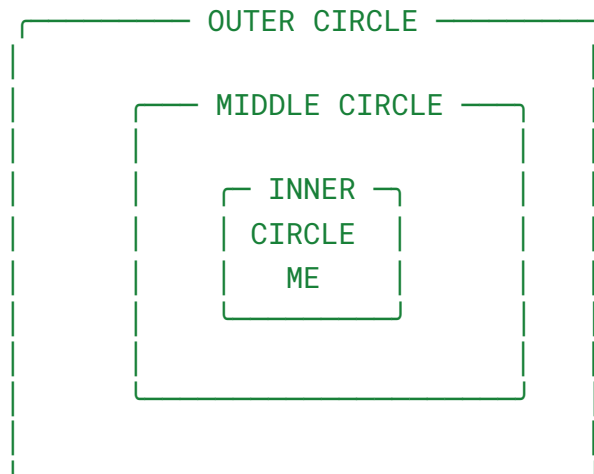
- Be honest with you
- Keep their promises
- Support you when needed
- Respect your boundaries
- Act in ways that don't hurt you

Trust is built over time through consistent actions, not just words.

ACTIVITY 1: MY TRUST CIRCLE

Instructions: In the circles below, write the names of people in your life. Place them closer to the center based on how much you trust them.

I



□ **INNER CIRCLE:** People I trust completely **MIDDLE CIRCLE:** People I mostly trust, with some caution **OUTER CIRCLE:** People I interact with but don't fully trust yet

ACTIVITY 2: TRUST BUILDERS & BREAKERS

Instructions: Think about what builds or breaks trust for you personally.

TRUST BUILDERS

What specific actions or qualities make you trust someone? Check all that apply and add your own:

- They keep secrets when asked They do what they say they'll do They admit when they're wrong They tell the truth even when it's hard They respect my boundaries They stand up for me when I'm not around They remember important things about me They give me space when I need it _____

TRUST BREAKERS

What makes you lose trust in someone? Check all that apply and add your own:

- They share my secrets They make promises they don't keep They lie about small things They pressure me to do things I'm not comfortable with They talk behind my back They're only there for the good times They make fun of me in front of others They get angry when I have different opinions _____

ACTIVITY 3: TRUST ASSESSMENT

Instructions: Think about someone you trust and someone you're unsure about. Rate them on these trust factors (1 = Never, 5 = Always).

Trust Factor	Person I Trust:	Person I'm Unsure About:
Keeps promises	_____	_____
Tells the truth		
Respects boundaries		
Listens without judging		
Supports my goals		
Is reliable in crisis		
Admits mistakes		
Keeps confidences		

What patterns do you notice? _____

ACTIVITY 4: MY TRUST STORY

Instructions: Think about your experiences with trust. Answer the questions below.

1. When was a time someone earned your trust? What did they do?

2. When was a time your trust was broken? How did it feel?

3. Is it easy or difficult for you to trust people? Why do you think that is?

4. What could someone do to rebuild trust with you after breaking it?

ACTIVITY 5: TRUST RED FLAGS & GREEN FLAGS

Instructions: Review these warning signs and positive indicators in relationships.

RED FLAGS (Warning Signs)

Circle any you've experienced:

- They want to isolate you from friends/family
- They share others' secrets with you
- They pressure you when you say "no"
- They make you feel bad about your interests
- They're very different when alone vs. with others
- They tell you "no one else would understand"
- They constantly check your phone/social media
- They make you feel like you're always walking on eggshells

GREEN FLAGS (Positive Signs)

Circle any you've experienced:

- They respect your "no" without question
 - They apologize sincerely when they mess up
 - They support your other relationships
 - They're consistent in how they treat you
 - They encourage your growth and independence
 - They're reliable and keep their word
 - They communicate openly about problems
 - They make you feel safe to be yourself
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ACTIVITY 6: BEING TRUSTWORTHY

Instructions: Trust goes both ways. Rate yourself on these trustworthiness factors:

I am someone who...	Always	Sometime s	Rarely	Never
Keeps promises				
Tells the truth				
Keeps secrets				
Admits mistakes				
Is reliable				
Respects boundaries				
Stands up for others				

Areas where I want to improve my trustworthiness:

ACTIVITY 7: HEALTHY TRUST BOUNDARIES

Instructions: Complete these sentences to develop healthy trust boundaries.

1. I deserve trust when I _____
2. I will not trust someone who _____
3. When my trust is broken, I will _____

4. Before trusting someone with important things, I need to _____
 5. I can rebuild trust by _____
 6. I know someone truly trusts me when _____
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TRUST DECISION-MAKING GUIDE

When deciding whether to trust someone with something important, ask yourself:

1. **History:** Have they shown they can be trusted with similar things?
 2. **Pattern:** Is their trustworthy behavior consistent or occasional?
 3. **Motivation:** Why do they want me to trust them with this?
 4. **Risk level:** What could happen if my trust is misplaced?
 5. **Gut feeling:** What does my intuition tell me about this person?
 6. **Support:** Do other trustworthy people in my life trust this person?
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MY TRUST GOALS

Based on this worksheet, I want to:

- Build stronger trust with: _____
 - Be more careful about trusting: _____
 - Become more trustworthy by: _____
 - Set better boundaries around: _____
 - Talk to someone I trust about: _____
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REMEMBER:

"Trust takes years to build, seconds to break, and forever to repair."

Healthy trust is not blind faith - it's earned through consistent actions over time.