Exercise #3
Who Do You Trust?

In this individual exercise you will think about who you trust and why and who you don't trust and if what it would take to gain back trust once lost.

A. List the names of people you trust.

B. Explain why you trust the people on the list above. What qualities do they have that allows you to trust them?

C. Think about the people you don't trust. What qualities do they have that makes you distrust them?

D. What could the people you don't trust do to regain your trust?

E. Has anyone ever regained your trust or have you ever regained anyone's trust? Is it possible?

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