

Trust Building in Friendships

Worksheet

Name: _____

Date: _____

1. How do you personally define trust?

2. When has trust been broken in one of your relationships?

3. What led to the breakdown of trust?

4. How did you feel and think afterward?

5. What was your role in the trust being broken?

6. What could you have done to prevent it?

7. How can you rebuild trust now?

8. How can you avoid similar issues in the future?
