

Name : _____

Date : _____

BUILDING TRUST WORKSHEET

TRUST	ANTI-TRUST
<i>Write down a person you trust with your life.</i>	<i>Write down what types of people you do not trust.</i>
<i>Why do you trust him/her?</i>	<i>Why don't you trust them?</i>
<i>What did they say, do, or act that made you trust them?</i>	<i>What would make you not trust someone?</i>
<i>How long did it take you to trust this person?</i>	<i>If someone broke your trust what would it take to trust that person again?</i>