



### Wheel of Trust

A key component for successful interpersonal relationships is trust. Trust enables friends, partners, work colleagues to grow, take risks, depend on each other, succeed, and more. It helps people to be genuine and to show who they really are; to be the real or true self enables us to share, develop, fulfil, and enhance our own personal hopes and dreams and share others too.

Consider the 8 behaviours below that enhance interpersonal trust. Compassionately highlight areas of your life (by a snapshot today) that might need some attention to help you develop your trust in/or with others. The wheel is used to signify how life might be smooth or bumpy depending on how we score. Score 1 to 10 (core to rim), indicate that score on a spoke, and then join the scores. Are you happy with where you currently are?

1. **Appreciate others:** Give respect, gratitude, and acknowledgment to others regardless of their position (i.e., status or point of view) in the relationship or conversation. Accept and respectfully explore other people's ideas and encourage further sharing. Use language of inclusion. Accept and explore other people's feedback of you.
2. **Be constant:** be steadfast with word and actions across groups and settings. Whilst not being harmfully rigid, being consistent lets others depend and anticipate how we might speak and act in situations; let others know that you won't flip-flop or shilly-shally.
3. **Be personal:** whilst retaining appropriate boundaries within the relationship, be willing to share more of who you are; bring it beyond the mere matter of fact-ness involved within the relationship and be more personally involved by sharing beliefs, thoughts, views, concerns etc. Likewise, be willing to respectfully explore other person's point of view.
4. **Be real:** be open and honest in communication within relationships. Share honest views of own thoughts rather than concealing, playing a role, or spinning your truth; show there is nothing to hide which could show that you do not have ulterior motives. Give feedback, even if it is hard to do so.
5. **Give trust:** trust is reciprocal and if you display trust in others they will be more likely to demonstrate trust in you. Such will build faith interpersonally and encourage warmer relationships. Share and delegate tasks. Ask for input. Set mutually agreed goals. Give others the chance to get things right, and wrong.
6. **Honour commitments:** be reliable and follow through on what you said you would do. Take action on promises and responsibilities. Be true to your word. Such shows you are dependable and steadfast and that others can rely on you.
7. **Listen:** being heard by someone shows respect and builds trust. Listening to another person's point of view can enhance empathy and compassion. Being heard and listening harnesses a sense of value and trust and gives a better understanding to make decisions.
8. **Show vulnerability:** taking risks and showing a "softer", "weaker", or "sensitive" side can enhance trust and a deeper connection with another person. Taking responsibility (apologising and atoning) for mistakes or wrong-doings likewise can be hard and risky but can harness interpersonal bonds.

