

ONE MINDSET GO

Trust

A reflection worksheet for strengthening honesty, safety, consistency, and follow-through.

Trust Is Built Repeatedly

Trust rarely comes from one big moment. It develops through repeated experiences of honesty, consistency, reliability, and emotional safety.

I feel safest in our relationship when:

Something that strengthens my trust is:

Something that weakens my trust is:

Four Building Blocks of Trust

Honesty
Can we tell each other the truth even when it is uncomfortable?

Consistency
Do our actions generally match our words?

Reliability
Can we count on each other to follow through?

Emotional Safety
Can we be vulnerable without being mocked, dismissed, threatened, or punished for what we share?

Discuss Together

- ☐ Where is trust currently strong?
- ☐ Where does it feel fragile?
- ☐ Is there something that needs acknowledgment or repair?
- ☐ What behavior would help rebuild safety?

One thing I need more consistently from you is:

One thing I am willing to do more consistently is:

Remember: Forgiveness and trust are not always the same thing. Trust is rebuilt through what happens next.