*Do you believe that you can only trust people who will not hurt you?*

How realistic are your expectations of other people? Is there any human being who could promise to never cause friction or hurt in a relationship 100% of the time? Are you refusing to trust because of an impossible demand? Are you willing to share in the human experience which includes emotional pain and life challenges?

*Are you willing to take a risk that all people are not evil, bad, or ill-willed?*

Without such hope people can become emotionally stuck, reclusive, and non-trusting. Would you rather experience life and relationships more fully or live in self-induced isolation because of fear?

*Are you willing to have faith in the fairness of life?*

This faith in fairness is believing that what you give to the world will be given to you. So, if people are fair, honest, or nurturing they will be treated fairly, honestly and kindly. Having faith in fairness is an attitude that helps people be open to others and risk being vulnerable. Are you willing to believe that life has rewards?

*Are you willing to trust in a power greater than yourself?*

This is the acceptance of a spiritual power with greater strength, wisdom, and knowledge than you; perhaps a Higher Power or God, perhaps the belief that following in the footsteps of others in a program of recovery will guide you to a happy, fulfilling life. Or do you choose to be self-sufficient and solve all your problems alone?

*Are you willing to change your behavior with the significant others in your life?*

Are you willing to build a trust bond with others in your personal life where blaming, accusing, and acrimony do not exist? In healing mode, people actively use forgiveness, understanding, and healthy communication to resolve problems and issues. They are then willing to forget, to let go, and to release themselves of the past hurts, wounds, and pain, opening themselves to trust one another. Are you willing to change your behavior towards others in order to open the door to mutual trust and acceptance? *Are you willing to give up emotional scorekeeping in your relationships?*

This reducing of competition, jealousy, and defensiveness with significant others in your life is a way to reduce the barriers between you and them. The lowering of these barriers is essential to the movement toward development of mutual trust. Are you willing to let go of resentments and old attitudes in order to build a relationship of trust?

*Are you willing to share your feelings?*

Trust is a two-way street. Losing the mask of self-defensiveness allows others to know you as you know yourself. Are you willing to be real instead of phony? Why should others want to be around you if you hide yourself from them?

*Are you content to be distrustful even when it cuts you off from love, friendship and human connections?*

Taking a risk to be open enables you to become a real person to others. It is an essential behavior in trust-building between people. What do you choose?

A picture containing graphical user interface

Description automatically generated