

# Trust Scale

Do what you say you will do

Take Action

Keep promises/do not make promises you can't keep

Be on time and meet deadlines

Follow-up – follow-through and deliver on commitments

Plot your self-evaluation “trustworthiness” score based on feedback you have received from others as well as your self perception (1 = low, 10 = high).

Respect another's point of view

Be empathetic

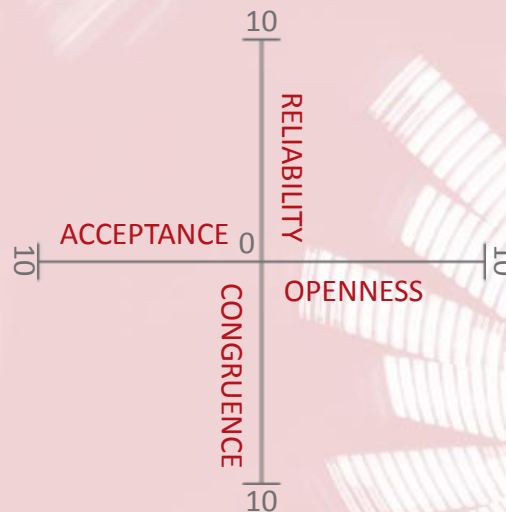
Do not put down, shame or make another person feel inferior

Listen

Accept that people make mistakes and can learn from them

Accept limitations

Separate person from performance



Tell people how you feel, what you think and what you believe

Clarify expectations

Initiate to resolve issues; don't harbor resentments

Value the opinion of others

Be willing to hear what others say

Be honest about limitations

Be straightforward

Connect your scores to get a reflection of both your assets and your potential growth areas in creating trusting relationships.

Talk straight and don't play games

Be sincere and make rules clear

Set boundaries

Walk my talk

Say what you feel, feel what you say

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Consider the “trust behaviors” that create or break down trust for you in relationships. Rate each behavior by its importance for you in creating trust.

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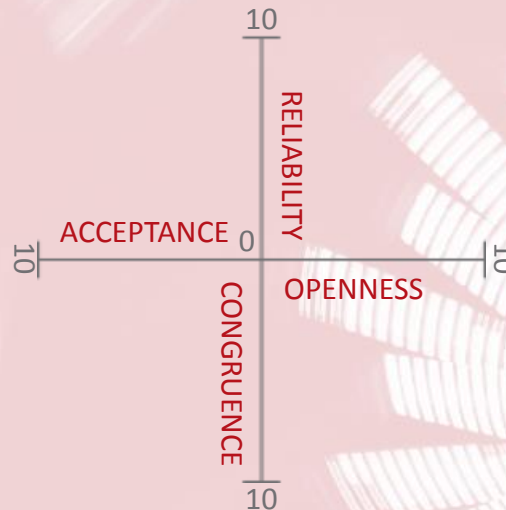
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Share your results with your partner/table.

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