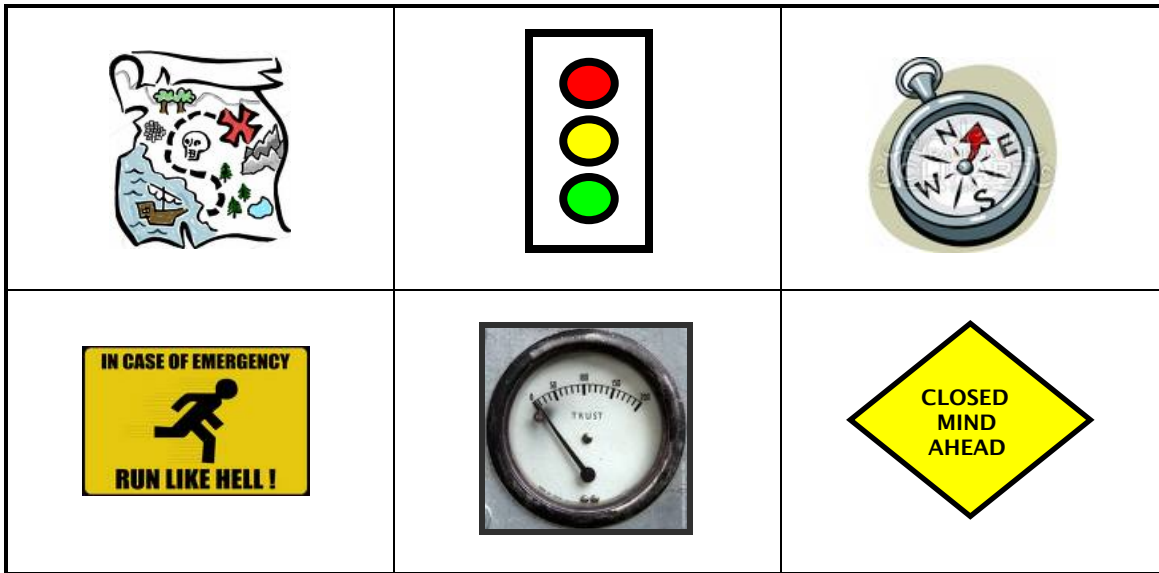


Breaking the "Don't Trust" Rule

Navigating Your Way Through Powerlessness to Trustworthy Relationships

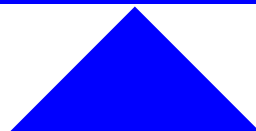


"A person that is not trustworthy is not worthy of friendship"
 ~ Shigemitsu

Balancing Relationships with Trust and Boundaries

- Trust awareness & appropriateness is required for personal safety in all situations
- The lower the amount of trustworthiness the greater the need for boundary setting
- The greater the amount of trustworthiness the lesser the need for boundary setting
- Trustworthiness can change ~ remain aware of the need for boundary adjustments

Powerlessness			Empowerment				Powerlessness		
Too Little Trust			Appropriate Trust				Too Much Trust		
1	2	3	4	5	6	7	8	9	10



♥ **Desperado** ♥

Desperado

Why don't you come to your senses
you been out riding fences - for so long now
oh you're a hard one, but I know that you got your reasons
these things that are pleasin' you, can hurt you some now
Don't you draw the Queen of Diamonds boy; she'll beat you if she's able
you know the Queen of Hearts is always your best bet
now it seems to me some fine things have been laid upon your table
but you only want the ones that you can't get

Desperado

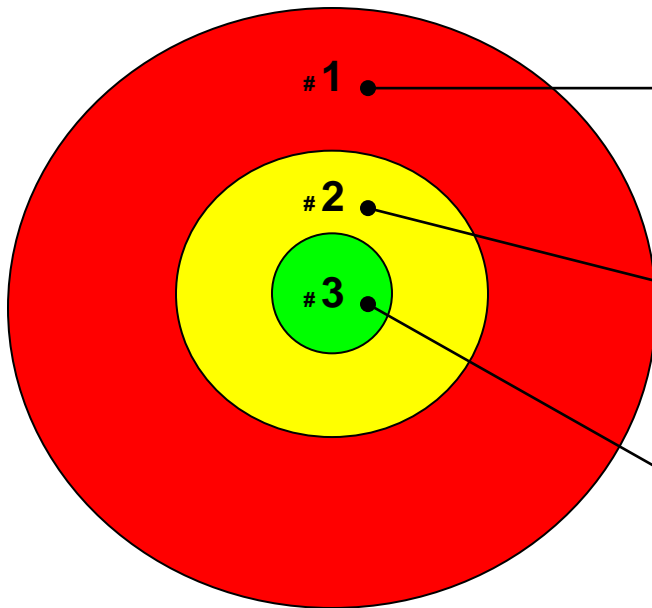
Oh you ain't gettin' any younger
your pain and your hunger, they're driving you home
and freedom, oh freedom - well that's just some people talkin'
your prison is walking through this world all alone
Don't your feet get cold in the wintertime
- the sky won't snow and the sun won't shine
it's hard to tell the nighttime from the day
been losin' all your highs and lows
- ain't it funny how the feeling goes - away

Desperado

Why don't you come to your senses
come down from your fences - open the gate
it may be rainin' - but there's a rainbow above you
you better let somebody love you (let somebody love you)
you better let somebody love you - before it's too late

Levels of Trust ~ Boundaries in Action

Circles of Trust



Levels of Trust

#1	<p>Firm Boundaries ~ Trust not yet earned</p> <ul style="list-style-type: none"> ▫ Superficial ~ a light public relationship ▫ Casual/Familiar ~ association/mutuality ▫ Greater Majority – guarded & vigilant
#2	<p>Established Trust & Respect ~ Closeness</p> <ul style="list-style-type: none"> ▫ Companionship ~ similar interest ▫ Friendship ~ similar belief systems ▫ Small Minority ~ trusted few
#3	<p>Deepest Trust & Respect ~ Intimacy</p> <ul style="list-style-type: none"> ▫ Loving Relationship ~ sharing & caring ▫ Committed Partner ~ deep love & respect ▫ Sacred Grounds ~ precious few

About Your Trust Choices

I do/don't trust my HP because _____

I do/don't trust myself because _____

I need/don't need to trust because _____

I do/don't know how to trust because _____

I lost/found trust when _____

I am open/closed to trusting because _____

I know/don't know how to restore trust because _____

I am trustworthy/not trustworthy because _____

I gained/lost someone's trust because _____

I want/don't want to learn more about trust because _____

Trust and Distrust

TRUST IS TRUSTWORTHINESS

- | | |
|---|---|
| <ul style="list-style-type: none">▪ A personal <u>choice</u> and pledge ...
To thine own self be true▪ A necessary component for the growth and development of relationships▪ <u>Earned without guarantee</u>, and not given away without just cause▪ Creating community and building relationships through shared values▪ Prudent risk taking and vulnerability▪ Reliance on character, truth, strength, competence and credibility▪ Reciprocity in sharing and caring actions | <ul style="list-style-type: none">▪ Dependence based upon past experience and satisfactory performance▪ Making agreements to define boundaries▪ Exercising reasonable caution & patience▪ Consistent responsibility & accountability▪ Standing up to perceived violations▪ Taking initiative to reconcile & amend▪ Choosing responsibility over blame▪ Making things right > PRONTO!▪ Follow-through of amends & forgiveness |
|---|---|

DISTRUST IS DAMAGED OR DEVASTATED TRUST

- | | |
|---|---|
| <ul style="list-style-type: none">▪ When a person, place or thing violates boundaries and/or agreements▪ Withholding vital information, cheating, lying, saying one thing & doing another▪ Mind reading and wishful thinking▪ Being dependent on abusive people▪ Refusing to trust or be trusted▪ Extremes = trusting too much or too little▪ Having unrealistic expectations▪ Conscious betrayal of trust | <ul style="list-style-type: none">▪ Breaking an agreement and refusing to reconcile or be accountable for one's actions▪ Staying in a relationship where trust has been repeatedly broken (beyond repair)▪ Denying highly important personal values▪ Shaming and blaming words & actions▪ Neglect and irresponsibility▪ Refusing to address perceived violations▪ Choosing to be a victim or perpetrator▪ Unwilling to apologize and make amends |
|---|---|

Distrust Violation Assessment

MEASURING SEVERITY OF DISTRUST VIOLATION

Partner cheating on you; Friend bullying you; Abusing yourself

Name your trust challenge: _____

Magnitude = Annoyance to devastation; low to high importance

Frequency = Once in a blue moon to habitual actions

Competency = Innocent mistake to conscious misconduct

New or Old Issue = Non-communicated expectation to broken agreement

Overall Assessment of Offense = ???

MEASURING SEVERITY OF DISTRUST VIOLATION

1 = Low

2 = Medium

3 = High

MEASURING SEVERITY OF DISTRUST VIOLATION

Rating

Magnitude = Annoyance to devastation; low to high importance

Frequency = Once in a blue moon to habitual actions

Competency = Innocent mistake to conscious misconduct

New or Old Issue = Non-communicated expectation to broken agreement

Overall Assessment of Offense = Infidelity, felony, over the top!

Total Trust Rating/Violation = Low to High →



1 – 5 = Low



6 – 10 = Medium



11 – 15 = High

Rebuilding Trust Model

Uninterrupted Pathway for Healing, Rebuilding and Restoring Trust



REBUILDING TRUST ~ REQUESTING TRUST ~ RESTORING TRUST

1	Trust Violation	<ul style="list-style-type: none"> ○ Name the Trust Violation or Betrayal ○ Standing up to perceived trust violation ○ Speaking up (checking out view of offender)
2	Relationship Deterioration or Repair	<ul style="list-style-type: none"> ○ Hearing out the view of the offender ○ Ask the offender if any harm was done ○ Communication request to stop behavior
3	Offender's Initiative to Reconcile	<ul style="list-style-type: none"> ○ Expression of apology and remorse for violation ○ Promise to remedy behavior and make amends ○ Offender taking initiative & ownership to reconcile
4	Trust Rebuilding Activities	<ul style="list-style-type: none"> ○ Competence lesson required? ○ Counseling, recovery, anger management or ___? ○ Responsibility and accountability in action
5	Trust Restoration	<ul style="list-style-type: none"> ○ Practice, practice, practice ○ Amended behavior becomes a habit ○ Trust restored through amends, forgiveness, acts

Uninterrupted Pathway for Healing, Rebuilding and Restoring Trust

If the Trust Offender does not take steps 3 through 5 without interruption, then Trust cannot be healed or restored.

Relationship Assessment Tool Exercise

Rate each relationship according to their Trustworthiness Level

1 = Low	2 = Medium	3 = High
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Characteristics and Qualities of Trustworthy Relationships	?	Higher Power	Best Friend	Self
1 Accurate, open, and transparent communication				
2 Makes commitments and keeps them (walks the talk)				
3 Engages in difficult conversations & problem resolutions				
4 Consistent, balanced, competent & predictable behavior				
5 Respectfully caring of self and others with lots of love				
6 Questions and stands up to perceived violations				
7 Willing to be open, honest and vulnerable				
8 Reliable performance of responsibilities				
10 Reciprocity of benevolent contribution to the relationship				
11 Similarity of goals, values, beliefs and spiritual principles				
12 Is dependable and reliable (can be counted on)				
13 Makes apologies, amends and practices forgiveness				
TOTAL Points for Relationship				

0 – 12 = Low	13 – 24 = Medium	25 – 36 = High
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I Hope You Dance

(Saunders & Sillers – recorded by Leeanne Womack)

I hope you never lose your sense of wonder,
You get your fill to eat but always keep that hunger,
May you never take one single breath for granted,
GOD forbid love ever leave you empty handed,
I hope you still feel small when you stand beside the ocean,
Whenever one door closes I hope one more opens,
Promise me that you'll give faith a fighting chance,
And when you get the choice to sit it out or dance.

I hope you dance....I hope you dance.

I hope you never fear those mountains in the distance,
Never settle for the path of least resistance,
Livin' might mean takin' chances but they're worth takin',
Lovin' might be a mistake but it's worth makin',
Don't let some hell bent heart leave you bitter,
When you come close to sellin' out reconsider,
Give the heavens above more than just a passing glance,
And when you get the choice to sit it out or dance.

I hope you dance....I hope you dance.

(Time is a wheel in constant motion always rolling us along)

I hope you dance....I hope you dance.

(Tell me who wants to look back on their years and wonder where those years have gone.)

I hope you still feel small when you stand beside the ocean,
Whenever one door closes I hope one more opens,
Promise me that you'll give faith a fighting chance,
And when you get the choice to sit it out or dance.

Dance....I hope you dance.

I hope you dance....I hope you dance.

(Time is a wheel in constant motion always rolling us along)

I hope you dance....I hope you dance.

(Tell me who wants to look back on their years and wonder where those years have gone.)