

# Build Trust, the BRAVING way

CHOOSE AN IMPORTANT RELATIONSHIP WHERE YOU ARE STILL WORKING ON (RE)BUILDING TRUST.

## “B” - BOUNDARIES

I will say no when I feel I need to and I am willing to respect and accept your “no” when you are employing your boundaries. We hold boundaries for others and expect them held for ourselves.

*How well have you expressed your boundaries with this person?*

*How well did you react when the other person expressed their boundaries?*

*If you did well, what did you do well?*

*If you want to improve something, what should you do differently from now on?*

## “R” - RELIABILITY

I can only trust you if you do what you say you are going to do over and over again. This means (at work or play) staying aware of your competencies and limitations so that you don't over-promise and can deliver on commitments and balance competing priorities. Your actions mean more than your words. Trust is built over time with small acts.

*How consistent have you been in keeping your promises and commitments?*

*If you did well, what did you do well?*

*If you want to improve something, what should you do differently from now on?*

## “A” - ACCOUNTABILITY

I can only trust you if when you make a mistake, you are willing to own it, apologize, and make amends. I can only trust and respect you if when I make a mistake, you are willing to let me own it, apologize, and you will offer true forgiveness.

*How often have you apologized and made amends with this person?*

*How did you react when this person was angry/disappointed/hurt by your behavior?*

*If you did well, what did you do well?*

*If you want to improve something, what should you do differently from now on?*