



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 32 Transcript: Trust

This week, we continue our conversation around developing important communication skills by taking a look at how to cultivate, and repair, healthy trust. Trust is the belief that someone is reliable, true and capable of doing what they say they are going to do.

All of the skills we've been learning in this module of the program are intentionally making us more trustworthy. Responding with empathy, learning to listen well with curiosity, cultivating healthy patterns of relating and staying present in difficult conversations are all at the core of secure trust. It's a natural by-product of putting the program into practice.

We've all experienced loss or damage to this essential foundation of relationship, in both large and small ways. No one, including ourselves, is perfect. None of us will always be trustworthy. So, trust must become resilient. It needs to be able to bounce back.

This is why I'm talking about trust after we've learned how to circle back and have a courageous conversation. There are a few additional things I'm excited to share in order to support the development of trust, but the most important skill in sustaining trust over the long-haul is knowing how to repair it once it's broken. Which you guys now know how to do.

Trust is intentional. It involves being clear in our communication and then following through with what we said we were going to do.

Trust is honest. Authentic communication, without blaming or shaming, can create strong and durable trust that deepens our intimacy and connection with others.

Trust is unassuming. Approaching a situation with humility, and admitting we don't know all the answers, facilitates understanding and entrusts cooperation.

Trust is vulnerable. Transparency is about owning our mistakes and short-comings. When we show our imperfections, people trust us. But, vulnerability requires trust. We get in to a chicken-egg situation where we need to be vulnerable to develop trust with someone, but we need to trust them in order to be vulnerable. That's why trust is matured over time with people who are safe.



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 32 Transcript: Trust

Trust is boundaried. Not everyone deserves our trust. Choosing vulnerability must always have boundaries, and it also needs to be earned.

Trust is cumulative. It's important to recognize that trust is built incrementally, from a series of interactions, and these moments are often small and seemingly insignificant.

Trust is resilient. We are all imperfect at relationship. Whether intended, or unintended, we will all experience hurt and disappointment from those we trust. And, ourselves, cause pain and let people down. But, one of the most remarkable things about trust is that it can become stronger after it heals from being broken.

Let's practice cultivating, and repairing, healthy trust this week as we put all of our new skills into practice to form resilient relationships. Be sure to download the action guide to support this process and share what you are learning on our group page.