

## TRUSTOMETER

Name of the person I am assessing:

How long have I known this person?

*NOTE: The purpose of the "trustometer" is to help you clarify your thinking about who to trust and in what ways you can trust them. Use a different "trustometer" page for each person in your life that you are assessing. For each question, you can either rate them on a scale of 0-10 (0 is a strong "no," 10 is a strong "yes"), or you can mark where they would be on the "trustometer line" ("no" to the left, "yes" to the right).*

Does this person have my best interest at heart?

NO\_\_\_\_\_YES

Does this person show good judgment?

NO\_\_\_\_\_YES

Can I trust this person to "be there" for me (not to abandon me)?

NO\_\_\_\_\_YES

Does this person usually do what they say they will do (are they reliable)?

NO\_\_\_\_\_YES

Is this person consistent (example: their behavior and their expectations of me are predictable)?

NO\_\_\_\_\_YES

Am I physically safe with this person?

NO\_\_\_\_\_YES

Am I emotionally safe with this person?

NO\_\_\_\_\_YES

If this person has broken my trust in the past\*, have they acknowledged full responsibility, without blaming others or minimizing the impact their error had on me?

NO\_\_\_\_\_YES

If this person has broken my trust in the past, have they taken steps to undo any damage (if possible) and refrained from repeating the same error?

NO\_\_\_\_\_YES

\*NOTE: "Breaking trust" usually occurs when the person has frequently lied or broken promises, or if they have lied / broken promises about important issues. Trust is also broken if the person has abused, abandoned, or neglected you. Abuse includes physical, sexual, or verbal abuse. (Verbal abuse means frequently putting you down or calling you names that make you feel bad). Addiction can lead to breaking trust because when people are in an addiction they may do some of the things that break trust, and often become unreliable or unpredictable. Doing things that you don't like or don't agree with does not necessarily mean that the person has broken trust with you.

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