

# Trust SELF-Assessment Worksheet

*Purpose:* To evaluate your own attitudes & behaviors in a relationship with damaged trust.

## Attitudes

For each row, mark the box that best reflects *your attitude towards the other person*:

For areas you want to improve, what can you do to change your attitude?

mostly this way	some this way	both ways	some this way	mostly this way	action step(s)
I feel resentful. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I have forgiven.	
I have ulterior motives. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> My motives are pure.	
I don't value him/her. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I value him/her.	
I feel contempt for him/her. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I want to edify (build up).	
I want to punish him/her. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I feel no ill will.	
I am unwilling to invest in him/her. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I am willing to help him/her grow.	

## Behaviors

For each row, mark the box that best reflects *your behavior towards the other person*:

For areas you want to improve, what can you do to change your behavior?

mostly this way	some this way	both ways	some this way	mostly this way	action step(s)
I avoid him/her. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I actively seek to resolve the conflict.	
I have mistreated him/her. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I have treated him/her as I want to be treated.	
I have been reckless with my words. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I have been careful not to harm.	
I have been less than completely truthful. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I have spoken only the truth.	
I have been controlling or manipulative. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I have been straightforward.	
I have gossiped. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> I have shown loyalty.	

# Trust OTHER-Assessment Worksheet

*Purpose:* To evaluate your perspective on the other person's attitudes & behaviors.

## Attitudes

For each row, mark the box that best reflects *your perception of the other person's attitude towards you:*

Anything you can do to validate your perceptions?

mostly this way	some this way	both ways	some this way	mostly this way	action step(s)
He/she feels resentful. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she has forgiven.	
He/she has ulterior motives. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> His/her motives are pure.	
He/she doesn't value me. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she values me.	
He/she feels contempt towards me. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she want to edify (build up).	
He/she wants to punish me. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she feels no ill will.	
He/she is unwilling to invest in me. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she is willing to help me grow.	

## Behaviors

For each row, mark the box that best reflects *the other person's behavior towards you:*

Anything you can do to help the other person understand the impact of their behaviors?

mostly this way	some this way	both ways	some this way	mostly this way	action step(s)
He/she avoids me. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she actively seeks to resolve the conflict.	
He/she has mistreated me. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she has treated me as he/she wants to be treated.	
He/she has been reckless with his/her words. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she has been careful not to harm.	
He/she has been less than completely truthful. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she has spoken only the truth.	
He/she has been controlling or manipulative. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she has been straightforward.	
He/she has gossiped. <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/> He/she has shown loyalty.	