



TRUST BUILDING



SMART
Family & Friends

The “Trust Bank”

It may help to think of trust in your relationship the way you would think of a bank account.

Each thoughtful act, each personal communication, each time we keep our word and follow through on our commitments is like a deposit. Likewise, each broken promise, hurtful comment, lie, or misrepresentation is a withdrawal.

Food for thought: You may have lost trust in your LO, but have you given any thought to the possibility that your LO has lost trust in you on some things? Family and friends sometimes do cross boundaries and engage in behaviors like reading their LO’s text messages, monitoring their spending, etc. These sorts of behaviors erode trust.

The Trust Bank Worksheet on the following page can be used by you alone, or as a joint exercise with your LO.

Use the top half to identify the ways your LO makes deposits and withdrawals from your trust account. This will give you some specific talking points when your LO wants to know how they can regain your trust.

You and your LO can also complete the worksheet together to help each other understand the impact of their actions on the other’s trust account.





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The "Trust Bank" Worksheet

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Trust Bank Worksheet

Effects of my *Loved One's actions* on my trust in him/her

Deposits into <i>my Trust Account</i>	Withdrawals from <i>my Trust Account</i>

Effects of *my actions* on my Loved One's trust of me

Deposits into <i>my Loved One's Trust Account</i>	Withdrawals from <i>my Loved One's Trust Account</i>

