

# Circles of Trust

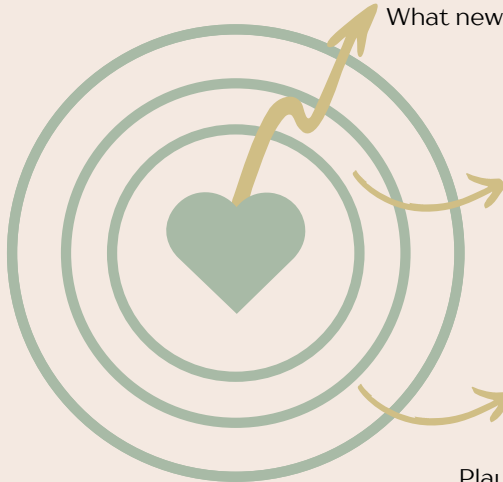
Me

What does trusting my gut look like?  
What am I happy doing just by myself?  
What new friendships can I try?

Avoid

They've shown me enough - I need stronger boundaries to respect and protect myself.

People can change, but I haven't seen momentum in a positive direction.



My inner circle

Share my heart  
Share my un-processed thoughts and feelings

Friends and collaborators

Play! But guard my heart  
Adjust boundaries - I get to choose what to share, give, and allow them to see

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# Conversation Tips




When your child (or you) is feeling hurt in a relationship, you might be **tempted to give solutions**, like “find another friend”. These can **unintentionally come across as accusation**: “why can’t you see that this person is hurting you?”.

The truth is that the most complicated relationships in life contain both **very good** and **very bad** elements. To acknowledge the bad is to risk losing the good. It’s a very **vulnerable topic**.

Instead of directing, focus on bringing your child (or yourself) to safety with some curious questions. Once we feel safe and tap into inner wisdom, the answers become clearer.



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# Three Curious Questions

Think about a relationship – past or present –  
which feels/felt good...

*What about it felt good?*

*What did the other person do and say?*

How about a relationship that feels/felt icky?

*What about it felt icky?*

*What did the other person do and say?*

What do you notice....

*About what's important to you in a relationship?*

*About what hurts you in a relationship?*

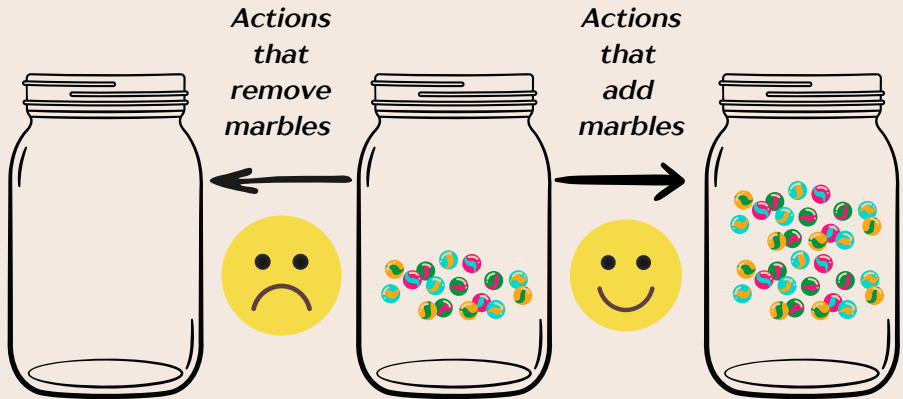


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# Our Jar of Trust

Imagine that each marble is a piece of trust between us. When trust is betrayed, we don't have to smash the jar immediately.

We might take a few marbles out. With positive actions, we can also add marbles back in.





# Conversation Prompts

You can use this with team-mates, partners, and your children. Start with sharing some of your own examples.

**What removes marbles from your jar?**



**Examples:** Telling half-truths, not keeping secrets, dismissing my feelings, controlling me, changing your behavior depending on who's around

**What adds marbles to your jar?**

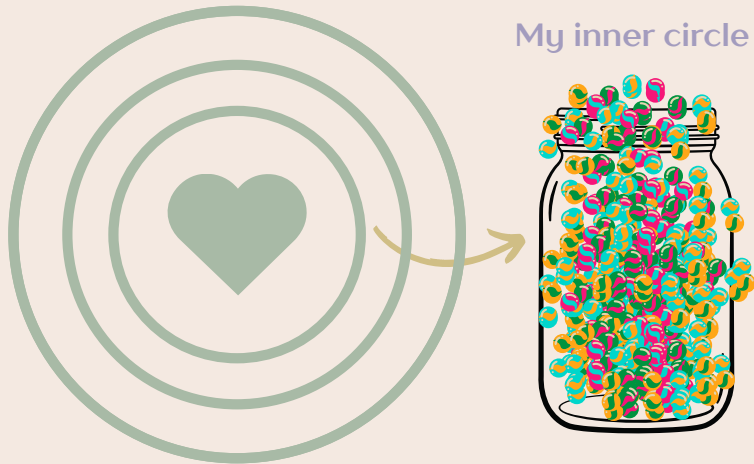


**Examples:** Doing what you say you'll do, being on time, playing gently, helping me out even when I didn't ask for it, giving me direct feedback



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I share my heart with those  
who've earned my trust



*It may take time to find these relationships, but I am worthy of  
respect, love and honor*