

TRUST EQUATION WORKSHEET

Use this worksheet to diagnose potential issues with the important relationships in your life, both personal and professional. Consider the trust in the relationship from three perspectives: the other, yourself, and the other's view of you.

Scoring**Credibility, Reliability, Intimacy: 5 = High, 1 = Low****Self-Orientation: 5 = Very self-oriented, 1 = Very client-oriented**

Name _____

(Other)

How trustworthy are you?

Credibility [] + Reliability [] + Intimacy [] =

Self-Orientation []**How trustworthy is the other person, from your perspective?**

Credibility [] + Reliability [] + Intimacy [] =

Self-Orientation []**What do think their perception of your trustworthiness might be?**

Credibility [] + Reliability [] + Intimacy [] =

Self-Orientation []**Key questions:**

1. What kind of experience do you want to have in this relationship?
2. What kind of experience do you want the other person to have of and with you in this relationship?
3. What would have to happen for both of you to have this experience?