

# Post-trauma Trust



## How to trust again?

When we've been harmed through relationships, it can be difficult to trust other people again. We might go all the way from one extreme - trusting no one - to the other - trusting anyone & everyone because we so want to break the isolation!

This kind of blind trust may lead to being harmed again, which would only confirm the anxious thoughts our mind creates about the dangers it's protecting us from. Instead, it's best to go about the process of trusting someone again with mindfulness.

Here are some general qualities to look for when someone new is earning your trust...

## Is this person...

- sincere?
- reliable?
- competent?
- respectful?
- considerate?
- responsible?

Do they tell the truth?

Are they able to do what they say they can?

Do they treat you with kindness and respect?

Do they follow through on promises made?

Do they consider your needs or is it all about them?

Do they admit when they've done something wrong?