Trust is a product of vulnerability that grows over time and requires work, attention, and full engagement. Trust isn’t the grand gesture that we think it is – it’s a growing collection of small choices that we make every day.

Think about someone with whom you have built a strong, trusting relationship.

For each part of BRAVING:
1. Identify strengths and opportunities for growth for yourself.
2. Think about the person you are completing this exercise with. Identify their strengths and opportunities for growth

**Boundaries:** You respect my boundaries, and when you’re not clear about what’s okay and not okay, you ask. You’re willing to say no and you ask for what you need.

Their strengths: _____________________________________________________________

Their opportunities for growth: ______________________________________________

My strengths: ______________________________________________________________

My opportunities for growth: ________________________________________________

**Reliability:** You say what you’re going to do. This means staying aware of your competencies and limitations so you don’t overpromise and are able to deliver on commitments and balance competing priorities.

Their strengths: _____________________________________________________________

Their opportunities for growth: ______________________________________________

My strengths: ______________________________________________________________

My opportunities for growth: ________________________________________________
**Accountability:** You own your mistakes, apologize, and make amends. You don’t blame others for your mistakes and when you need to hold others accountable you do so honestly and with respect.

Their strengths: __________________________

Their opportunities for growth: __________________________

My strengths: __________________________

My opportunities for growth: __________________________

**Vault:** You don’t share information or experiences that are not yours to share. I need to know that my confidences are kept, and that you’re not sharing with me any information about other people that should be confidential.

Their strengths: __________________________

Their opportunities for growth: __________________________

My strengths: __________________________

My opportunities for growth: __________________________

**Integrity:** You choose courage over comfort. You choose what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.

Their strengths: __________________________

Their opportunities for growth: __________________________

My strengths: __________________________

My opportunities for growth: __________________________
**Nonjudgment:** I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

Their strengths: ________________________
Their opportunities for growth: ___________
My strengths: _________________________
My opportunities for growth: ____________

**Generosity:** You extend the most generous interpretation possible to the intentions, words, and actions of others.

Their strengths: ________________________
Their opportunities for growth: ___________
My strengths: _________________________
My opportunities for growth: ____________