

Trust Measurement

What do we want and how does it work?

This is about evaluating trust in a relationship. To do this, you both rate all 7 dimensions of how you rate your trust in the other person on separate sheets of paper (first table). Then, how you feel about how much the other person trusts you in the 7 dimensions. (Rate on a scale from 1—10; give 10 if the given statement is completely true)

You then transfer the other person's values to your table to see any matches and differences. The results of the other person are transferred to the other table: i.e. those from the other person's second table are transferred to your first table, and those from the first table are transferred to your second table.

That's it already. Thank you!

From you to the other: Use this table to rate the trust **you have in the other person** (so it's your own perspective).

Date	Boundaries	Reliability	Accountability	Vault	Integrity	Non-judgment	Generosity
You							
Other							

From the other to you (your assumption/perception): Use this table to give the **assumption** (actually your impression), how much the **other person trusts you** (your hypothesis of the rating of your peer).

Date	Boundaries	Reliability	Accountability	Vault	Integrity	Non-judgment	Generosity
You							
Other							

Explanation of the categories

- ▶ **Boundaries:** Your boundaries (what is okay for you and what is not) are clear and comprehensible to me. Boundaries relate particularly to your actions, but also to the restriction of freedoms by others (what you allow and what you don't allow).
- ▶ **Reliability:** Your words and actions are consistent, over and over again. (Permanently consistent.)
- ▶ **Accountability:** If you make a mistake, you are prepared to recognize it, ask for forgiveness and make amends/learn from it. I can/may do the same (recognize my mistakes, ask for forgiveness and make amends/learn from them).
- ▶ **Vault:** What I tell you in confidence, you don't tell anyone. Never. (And you don't pass on confidential information about others either).
- ▶ **Integrity:** You live your values. Even under pressure (from inside and outside). You act courageously instead of comfortably; correctly instead of simply/quickly/fun-driven.
- ▶ **Non-judgment:** I can fail towards you and ask for help (and vice versa) without being blamed for it (sooner or later)
- ▶ **Generosity:** You always assume the best possible about my words, my intentions and my actions. And then you test it.

Based on: <https://brenebrown.com/videos/anatomy-trust-video/> and <https://livingfullyhuman.com/2017/07/putting-brene-browns-anatomy-of-trust-into-practice/>