

Measuring trust

What do we want and how does it work?

We want to get a feeling for the level of trust in the team. Three values are enough for this.

- ▶ **Reference:** You think about the best relationship you know. To do this, you rate all 7 dimensions. This is only for standardization. The other results can then be converted relatively.
- ▶ **Best:** Take your best relationship in the team and rate all 7 dimensions for the person.
- ▶ **Worst:** Take your worst relationship in the team and rate all 7 dimensions for the person.

That's it already. Thank you!

Min-max evaluation based on the reference (normalization)

Rate on a scale of 1—10; indicate 10 if the given statement is completely true.

Type	Boundaries	Reliability	Accountability	Vault	Integrity	Non-judgment	Generosity
Ref.							
Best							
Worst							

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/>