

Trust Bank Account

Evaluate your level of trustworthiness.

Would you like to increase your trust bank account? Ask a trusted friend to help you work through the following questions as you evaluate your own level of trustworthiness.

- 1) Earn**– How do you earn the trust of someone whom you’ve just met? How can you assume more of the risk in a new relationship?.
- 2) Deepen**– How do you make sure you don’t take a close relationship for granted? How do you best express gratitude?
- 3) Restore Trust** –
 - Apologize for the trouble you created.
 - Acknowledge the pain, hurt, and problems you created.
 - Atone by making things right. It’s not a virtue until you act.