Overview
This handout provides a chance for individuals to make a commitment to different trust-building actions that are most appropriate for different contexts and types of trust. After considering the type of trust that needs cultivating, write down the actions you want to adopt and practice in the squares where you feel they best fit.
Reference


Credits

This handout is part of a curriculum created by Eriks Dunens from Reina & Reina's *Building Sustainable Trust* (2007) and Gottman's *The Science of Trust* (2011).