**The Anatomy of Trust BreneBrown.com**

**Trust** is choosing to make something important to you vulnerable to the actions of someone else.

**Distrust** is what I have chosen to share with you, is not safe with you

BRAVING connection with someone

* **Boundaries**; I trust you if you are clear about my boundaries and yours and you respect them
* **Reliability**: You do what you say you are going to do over and over again
* Accountability: I can only trust you if you make a mistake you are going to own it, apologise and make amends. You can only trust me if I own it, apologise, and make amends
* **Vault:** What I share with you, you will hold it in confidence. No gossip about others. We share things that are not ours to share to hotwire a connection. Counterfeit trust. Not real trust. Common enemy intimacy, built on hating he same people
* **Integrity:**
1. Choosing courage over comfort
2. Choosing what’s right over what’s fun, fast or easy
3. Practicing your values, not just professing your values (walk your talk)

 I cannot trust you if you don’t act from a place of integrity and encourage me to do

 the same. Let me fall apart and ask for help, and likewise, in a non-judgement

 (open- communication)

* **Generousity:** Can assume the most generous things about my words, intentions and behaviours, then check in with me.

**Self-trust, self-respect:** Do I apply the BRAVING points to my own behavior and thoughts about myself

Can’t ask other people to do these things if we can’t do these things for ourselves