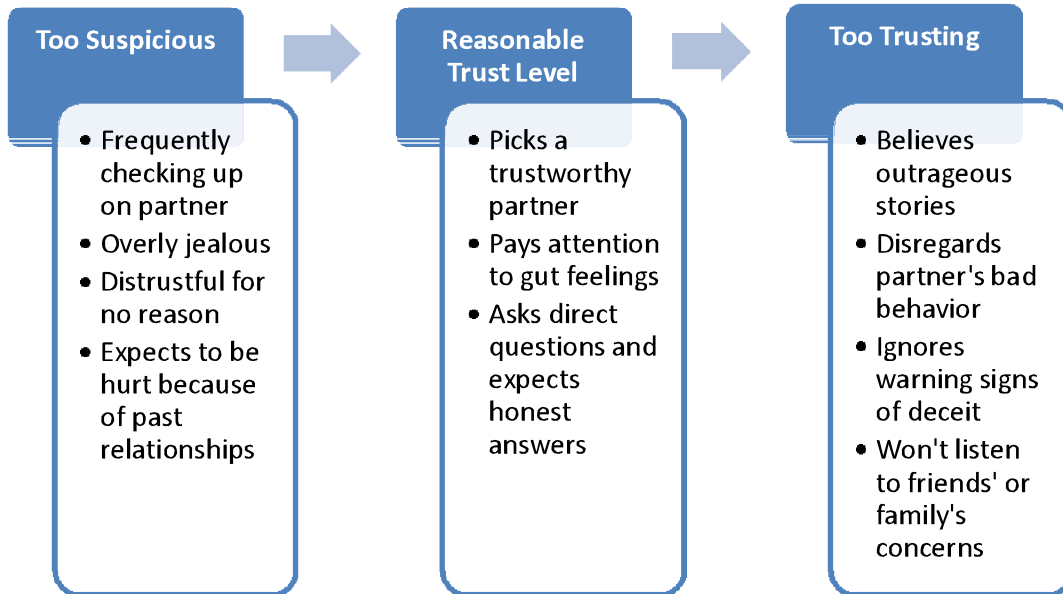


Trusting Too Much or Too Little

Depending on your past experiences, you may have a hard time trusting others, or you may be so trusting that you are likely to be hurt. Learning your “trust style” will help you build a healthy relationship.



1. Which of these trust styles best describes you?

2. Has your trust style created problems in your relationships? If so, how?

3. What specific behaviors do you want to change?
