

# Trust Worksheet

Write a long list of people in your life that you'd consider close to you.

Cross off any that you wouldn't share personal information with.  
Cross off any that you can't trust with secrets. Cross off any that you wouldn't feel comfortable helping in return.  
Cross off any that wouldn't do a favor for you.  
Cross off any that often don't have the emotional capacity to support someone else.

Look at your list again and place a heart next to any remaining that you would feel comfortable sharing a vulnerable moment with.  
There's your list of people you can trust to talk to about feelings.

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