

RIISING STRONG

based on the research
of Brené Brown

Rumbling with Trust and BRAVING

BOUNDARIES: You respect my boundaries, and when you're not clear about what's okay and not okay, you ask. You're willing to say no.

RELIABILITY: You do what you say you'll do. This means staying aware of your competencies and limitations so you don't overpromise and are able to deliver on commitments and balance competing priorities.

ACCOUNTABILITY: You own your mistakes, apologize, and make amends.

VAULT: You don't share information or experiences that are not yours to share. I need to know that my confidences are kept and that you're not sharing with me any information about other people that should be confidential.

INTEGRITY: You choose courage over comfort. You choose what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.

NONJUDGMENT: I can ask for what I need, and you can ask for what you need. We can talk about how we feel without judgment.

GENEROSITY: You extend the most generous interpretation possible to the intentions, words, and actions of others.

Choose a person with whom you're experiencing trust struggles. Using BRAVING, get clear about how and why trust is an issue:

Self-trust is often a casualty of falling. We think to ourselves, "I don't know if I can trust myself again," or "I've lost faith in my own judgment." Think about the fall you're working on right now. Use BRAVING to get clear on why and how self-trust may be an issue.

BOUNDARIES: Did I respect my own boundaries?
Was I clear about what's okay and what's not okay?

RELIABILITY: Was I reliable? Did I do what I said I was going to do?

ACCOUNTABILITY: Did I hold myself accountable?

VAULT: Did I respect the vault and share appropriately?

INTEGRITY: Did I act from my integrity?

NONJUDGMENT: Did I ask for what I needed?
Was I nonjudgmental about needing help?

GENEROSITY: Was I generous toward myself?