

Building Trust Exercises Worksheets

1. Reflection on Trust:

Reflect on your current views and experiences with trust. How easily do you trust others, and what factors influence your trust levels?

2. Vulnerability Sharing Exercise:

Plan a session where each participant shares something personal and vulnerable. Discuss how being vulnerable affects trust levels.

- Vulnerability Topic:

3. Reliability Exercise:

Commit to small, actionable tasks for each other that you can complete in a short time frame. This exercise emphasizes the importance of reliability in building trust.

4. Communication Exercise:

Engage in an active listening exercise where one person shares while the other listens without interruption, then reflects back what was heard.

- Topic for Sharing:

- Insights Gained:

5. Secret Keeper Exercise:

Exchange minor secrets with the understanding that they will be kept confidential. Review feelings about confidentiality and trust after a set period.

6. Trust Walk Exercise:

Pair up and take turns being blindfolded while the other guides you through a simple obstacle course or a safe area. Discuss the experience and feelings of trust afterwards.

7. The Role Reversal Exercise:

Swap roles in a particular situation or task, aiming to understand the other person's perspective and challenges better.

8. Mutual Goals Exercise:

Collaboratively identify and write down goals that require trust and teamwork to achieve. Outline steps to achieve these goals together.

9. Trust Commitment Statement:

Write a commitment statement to each other, affirming the importance of trust in your relationship and pledging to continue trust-building efforts.
