

Trust & Responsibility.

What are the important things we look for in a person that tell us if we can trust them? For example, someone who: is able to keep a secret, is honest, is reliable, will not judge you or criticise, takes care of your feelings & possessions, & has shown you that they can be responsible.

Who do you trust?

I feel fed up & low about myself, I could talk to...

I feel like running away, I could talk to...

I have a new boyfriend/girlfriend. I would talk/ tell...

I am worried about something personal. I could talk to...

I feel alone, stuff is just going around in my minds. I could talk to...

Why is it important to be trusted in a relationship?

Do people trust you? Are you trustworthy? People will trust me if...

Can you change your character to be more trustworthy & responsible? What Self-targets could you set yourself?

List them below.

My self-target's to be a trustworthy & responsible person are:

- 1.
- 2.
- 3.
- 4.

