



Trust Turning Points Worksheet

This worksheet lets you think about the peaks and valleys of your trust relationship.

1. Choose a relationship you have/have had that was important to you either personally or professionally.
2. On the line below designate a “length of time for your relationship” (from when to when).

TRUST BUILDERS – The PEAKS

- Think about the events – those “turning points” in relationships – that have built trust in the relationship. **The PEAKS.**
- **ABOVE THE LINE** mark when the other person did something that was an important turning point that deepened your trust in the other. Briefly describe the event.
- Put a dot for the event above the line to show how important that event was to building trust. The higher the dot – the more important the peak.
- Connect the dots and graph the growth of trust.

Relational TimeLine

Start

Finish/Now

TRUST BREAKERS – The VALLEYS

- Now, think about the events – those “turning points” in relationships – that have damaged trust in the relationship. **The VALLEYS.**
- **BELOW THE LINE** mark when the other person did something that that damaged your trust in the other. Briefly describe the event.
- Put a dot for the event below the line to show how important that event was to damaging trust. The lower the dot – the more damaging the valley.
- Connect the dots and Graph the decay of trust.