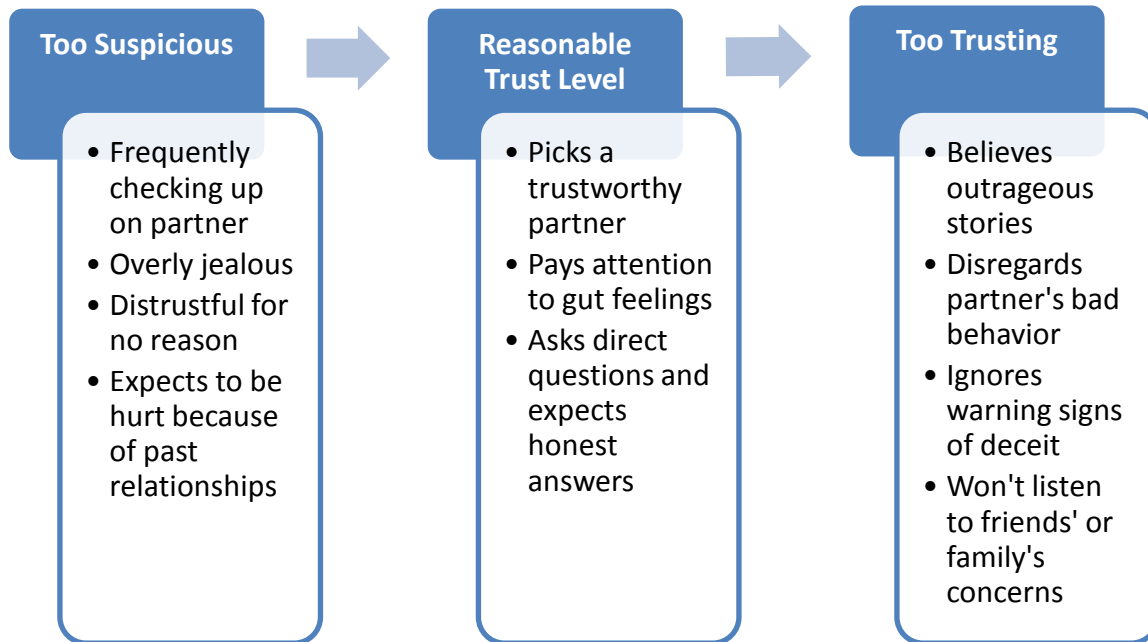


# Trusting Too Much or Too Little

Depending on your past experiences, you may have a hard time trusting others, or you may be so trusting that you are likely to be hurt. Learning your “trust style” will help you build a healthy relationship.



1. Which of these trust styles best describes you?

---

2. Has your trust style created problems in your relationships? If so, how?

---

---

---

3. What specific behaviors do you want to change?

---

---

---