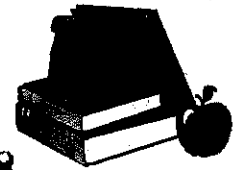


# Trust

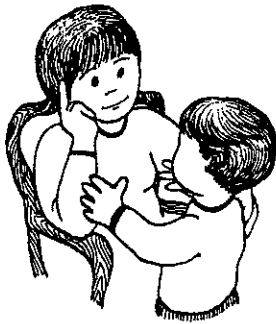


## What is Trust?

Trust is believing in someone or something. It is having confidence that the right thing will happen without trying to control it or make it happen. Sometimes it is hard to trust when life brings painful experiences. Trust is being sure, down deep, that there is some good in everything that happens.

## Why Practice It?

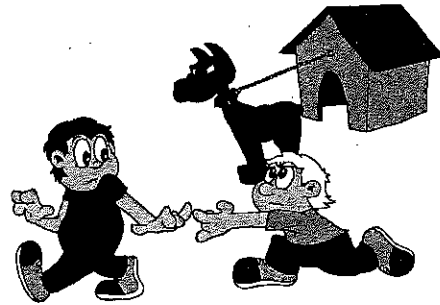
Without trust, you always feel you have to control things to make them turn out right. You worry over what others are doing and worry about things you cannot control. Trusting others leaves you free to concentrate on the things that you need to do. Trusting yourself is an important part of growing up. Instead of worrying over every mistake, you do your best and trust it to be enough.



## How Do You Practice It?

Trust brings a positive attitude toward life. By having confidence that things will go right, you help to make it true. When you trust, you relax and let go of worries. Even when difficult things happen, they can help you grow stronger and learn new things. Trust people to keep their promises unless they keep breaking them. It is foolish to trust people who keep breaking promises. Start trusting them only when they choose to be trustworthy.

The Virtues Project



## What would Trust look like if...

- You are worried that you won't make any friends at school this year?
- A friend makes a promise to you?
- You start to worry that it will rain on your picnic tomorrow?
- A person who has lost your things in the past wants to borrow your favorite music tape?
- You start to feel really scared about something bad happening?
- You worry that you're not good enough at a sport?

## Signs of Success

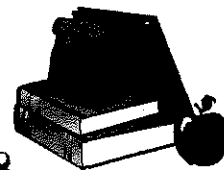
Congratulations! You are practicing Trust when you...

- Believe there is some good in everything that happens
- Look for the lesson in painful experiences
- Let trust take away your worries
- Know that your best is good enough
- Trust others unless you have good reasons not to
- Don't nag, worry, or try to take control

## Affirmation

*I trust that there is some good in everything that happens. I have no need to control others. All fear and worry are released. I feel at peace and know I am not alone.*

# Activities with Trust



## Trust Walk

Have students pair up, with one of them blind-folded while the other gently and carefully leads them around a field or a room. Then they reverse roles. Talk about how it felt to trust someone to lead you and how it felt to be the leader?



## Virtues Reflection Questions

- How can you tell if you can trust someone or not?
- What helps you to trust that things will turn out right?
- Name something you do that you really trust yourself to do well. It could be something simple you do every day.
- Name a time it is difficult for you to trust that things will be okay.
- What would it look like to balance trust with assertiveness in your relationships?
- What do you trust a good friend to do?
- What would you do if someone was not trustworthy and kept asking you to trust him?



## Drawing Trust

Draw a picture of a sunrise. You can always trust the sun to come up when it is supposed to rise.



## Poster Points

- Friendship is a Sacred Trust.
- I trust in life.
- All will be well.
- Rain brings a rainbow.



## Quotable Quotes

*"I will tell you that there have been no failures in my life... There have been some tremendous lessons."* Oprah Winfrey

*"As soon as you trust yourself, you will know how to live."* Goethe

*"For what has been – thanks!  
For what shall be – trust."* Dag Hammarskjold

*"Every day, in every way, I'm getting better and better."* Emile Coue

*"When we trust as far as we can, we often find ourselves able to trust at least a little farther."* Mark Gibbard