

THE IMPORTANCE OF TRUST!

To be trusted is a greater complement than being loved...George MacDonald

WHAT TO KNOW!

- ❖ Trust is the ability to count on someone or something to do as we expect them to do
- ❖ The ability to trust another depends on the belief in the honesty, fairness, and benevolence of the other person
- ❖ Trust is the foundation for all human relationships and determines how we interact with each other
- ❖ Our ability to trust is formed early in our lives by our relationships with our parents, teachers, and caregivers
- ❖ According to Erik Erickson, basic trust is the first state of psychosocial development that occurs during the first two years of life
- ❖ Erikson believed that when successful, trust results in feelings of security and optimism; when unsuccessful, it results in insecurity and mistrust.
- ❖ Trust is consequently the ability to be vulnerable to others
- ❖ Once trust is lost, it is extremely difficult to regain
- ❖ In the absence of trust, anxiety in prominent and relationships stagnate
- ❖ The four recognized components of trust are:
 - ❖ Integrity or honesty and ethics of a person
 - ❖ Competence or the ability to get things done
 - ❖ Predictability or the ability to achieve what is expected of the person
 - ❖ Benevolence or the kindness of a person
- ❖ People with trust issues have often felt betrayed and had other negative experiences with those whom they trusted
- ❖ Studies have shown that those who come from abusive homes or are the products of contentious divorce have intimacy and commitment issues in relationships
- ❖ Other causes of trust issues include social rejection during the teen years, traumatic experiences, dishonesty, and infidelity
- ❖ In response, people often close up and develop defense mechanisms to insure they won't be hurt again yet they may experience overwhelming anxiety
- ❖ Trust issues appear to be on the rise over the past 10 years as technology makes it easier for people to be deceptive, secretive, confusing, and even fake

WHAT TO DO TO DEVELOP/ENHANCE TRUST!

- ❖ Live with integrity by developing and living by a value system
- ❖ Be honest and transparent in all your interactions with others...Say what you mean and mean what you say
- ❖ Trust yourself by facing and overcoming the unpleasant parts of your personality
- ❖ Listen to the feedback from others and become less defensive in your communications
- ❖ Show respect and understanding of others even if you do not agree with them
- ❖ Recognize the traumas, hurts, and disappointments in your lives caused by others and learn from these experiences
- ❖ Seek professional help if you think you are unable to trust or be trusted

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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