

Discussion of Trust

1. Definition of **trust**: Trust is the assumption of risk where at least some of the outcome is in the control of others.

The greater the risk, the greater the amount of outcome is in another's control, and the greater the saliency of the outcome to the self = the greater the need for trust.

2. There are several types of trust; these include:

- a. **Tangible trust** = the confidence we have in others to pay back loans; to handle our property respectfully and safely; trusting another with our car; or having another house sit for us.
- b. **Information trust** = feeling secure that secrets will not be divulged; that what another knows about you will not be exaggerated or distorted; or believing others are not deceiving you.
- c. **Emotional trust** = feeling secure that you will not be ridiculed, scorned, humiliated, or laughed at by others you associate with; and feeling safe among other people.
- d. **Social trust** = believing you are not the subject of gossip; believing you will be or are embraced by groups and individuals important to you; having confidence that others like you, respect you, and willingly include you.
- e. **Safety trust** = confidence others will not harm you; assurance that professionals you consult are competent [ie: physicians, lawyers, teachers, accountants]; and being secure in the belief that others will look out for you when needed.

3. The above is not the only organization of trust types nor is it an exhaustive list; however, it does delineate how trust types vary.

4. For trust to be maximally effective, it must be **reciprocal**. Reciprocity does not mean equality at all times; it does mean balance.

5. The only way one can truly become a trusting individual, one must have experienced trust; one also needs to experientially understand trust betrayal in order to protect yourself from betrayal's ravages.

6. Trust betrayal – regardless of trust type – rips at the fabric of relationships; betrayal spawns suspicion, raises doubt, and increases relational anxiety.

7. Trust is one of the most vital glues that bind individuals, groups, organizations, and societies together and allow them to work free of suspicion, fear, and anxiety.

8. Trust is shown experientially, not verbally. Verbal assurances only have value when they are wholly credible; and such credibility originates from experienced successful trust.