

## Sample Trust Star Worksheet (Christine)

There are many different types of trust (e.g. keeping secrets, being reliable). In the lines down the left side of the page, list all of the different types of trust you can think of. Then, think about one particular person. Write in your relationship with them here     Cara    . If you cannot think of a family member or friend, then think of someone in which you must place your trust like a doctor, mechanic, or bus driver. Put a star by the most important types of trust for that person. Then fill in the star by writing a type of trust on the line and putting an X on the line how much you trust them with that type of trust. If you don't know, put the X just inside the "I don't know" circle.

### Types of trust

keeps important secrets

supportive

reliable

gossips

often late

sometimes doesn't text back

wouldn't hurt me

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\_\_\_\_\_

