

TRUST.

EXPLORING YOUR TRUSTWORTHINESS

INSTRUCTIONS.

Consider each statement and then using the scoring table, insert the **numeric value** (e.g. if you choose '2' then place the digit 2 in the cell) which you feel best describes your current 'position':

- A value of **1** suggests you ***strongly disagree*** with the statement.
- A value of **4** suggests that you ***strongly agree*** with the statement.
- For each section, add up the numeric values to get a total score.
- The score will simply help you identify areas where you may be able to be more conscious and intentional around certain behaviours.

MY CREDIBILITY.	STRONGLY DISAGREE		STRONGLY AGREE	
Relates to your words and is revealed in your credentials and honesty.	1	2	3	4
Do you bring a high level of knowledge and expertise in relevant areas?			3	
Are your credentials and experience viewed positively by others?		2		
Are you willing to say if you don't know something?				
Are you willing to admit to mistakes?				
Do you avoid exaggerating or fabricating the truth?				
TOTAL	_____ / 20			

My Notes:

MY RELIABILITY.

STRONGLY DISAGREE

STRONGLY AGREE

Relates to your actions and is revealed through keeping your commitments.	1	2	3	4
Do you deliver on commitments?				
Do you deliver on time?				
Is your behaviour consistent?				
TOTAL	_____ / 12			

My Notes:

MY INTIMACY.	STRONGLY DISAGREE				STRONGLY AGREE
Relates to your emotions; people feel safe talking to you about difficult agendas.	1	2	3	4	
Do you listen and try to understand?					
Are others likely to talk openly with you about difficult topics?					
Are you willing to share your concerns about issues?					
Can you expand the bounds of acceptable topics (issues) while maintaining mutual respect?					
Are you willing to give sufficient time to each conversation?					
TOTAL					____ / 20

My Notes:

HIGH SELF-ORIENTATION.

STRONGLY DISAGREE

STRONGLY AGREE

Relates to your caring and is revealed in your focus on <i>yourself</i> (Excessive Self-Orientation)	1	2	3	4
Are you focussed on your own agenda?				
Do you feel the need to appear clever, bright, witty, etc.?				
Do you feel the need to fill empty spaces in conversations?				
Do you finish others' sentences for them?				
Do you have a tendency to answer too quickly?				
TOTAL	_____ / 20			

My Notes:

LOW SELF-ORIENTATION.

STRONGLY DISAGREE

STRONGLY AGREE

Relates to your caring and is revealed in your focus on <i>others</i> .	1	2	3	4
Are you curious about the interests and views of others?				
Do you ask open-ended questions and listen without distraction?				
Do you focus on defining the problem, not guessing the solution?				
Do you acknowledge others' feelings?				
Do you share credit with others for success - and take responsibility for your part in mistakes?				
TOTAL	_____ / 20			

My Notes:
