

Appendix: **The trust audit**

Evaluate your trust in a particular topic.

Choose a topic and then write down the first five comments that come to mind.

Don't spend too long trying to say the right thing, Simply note down your initial ideas.

Then rate each comment across the three domains of trust.

Topic:

My comments	Trust in self 1-10	Trust in others 1-10	Trust in the world 1-10

What general themes do you see?

Are you happy with your overall responses?

If not, then what do you think about your attitude to this specific topic:

- I am too trusting/not trusting enough (delete as applicable)
- I tend to overvalue my personal opinion / the competence of others to help/ the actual dangers involved. (delete as applicable)
- I tend to undervalue my personal opinion / the competence of others to help/ the actual dangers involved. (delete as applicable)

What would you like to change?

Can you now repeat this audit using different comments that better reflect these positive changes?