

THE TRUST QUESTIONNAIRE

Circle the number in each row that best describes your response to the items. Don't think too carefully before you answer, and remember that this is simply a guide to encourage self-reflection. It is not a diagnostic tool.

		STRONGLY AGREE	AGREE	MILDLY AGREE	MILDLY DISAGREE	DISAGREE	STRONGLY DISAGREE
GROUP A	I am decisive	3	2	1	-1	-2	-3
	I am a good judge of character	3	2	1	-1	-2	-3
	I am adventurous in life	3	2	1	-1	-2	-3
	I am good at learning new skills	3	2	1	-1	-2	-3
	I can resist temptation	3	2	1	-1	-2	-3
	I can manage risk	3	2	1	-1	-2	-3
GROUP B	People usually try to tell the truth	3	2	1	-1	-2	-3
	My friends will usually keep a secret	3	2	1	-1	-2	-3
	My partner is always loyal to me	3	2	1	-1	-2	-3
	I like to pick up hitchhikers	3	2	1	-1	-2	-3
	I usually take people at their word	3	2	1	-1	-2	-3
	It's human nature to be kind	3	2	1	-1	-2	-3
GROUP C	The future is secure	3	2	1	-1	-2	-3
	The internet is safe	3	2	1	-1	-2	-3
	I am rarely let down by events in my life	3	2	1	-1	-2	-3
	I accept things at face value	3	2	1	-1	-2	-3
	I never read the small print	3	2	1	-1	-2	-3
	I don't worry about what might go wrong	3	2	1	-1	-2	-3

Your trust score

Add up your score. It will range from 54 to -54.

A score above 36 suggests that you have a good platform of trust in your life.

A score between 0-36 suggests that there may be some work for you to do.

A negative score suggests that you could benefit significantly from reviewing your trust set points.

Your specific domain scores

Add up your scores from each group.

- **Trust in Self** (Group A)
- **Trust in Others** (Group B)
- **Trust in the World** (Group C)

Your score for each group will range from 18 to -18.

A score above 15 indicates that you are a highly trusting person in this domain.

A score between 0-15 indicates that you are more reserved about trust.

A negative score suggests that you may have significant mistrust issues in this domain.