

BeingTrustworthy

Being Trustworthy Video Series: Worksheet

Module 10 Intimacy and Emotional Risk-taking

Use these worksheets after each module you view. They will help you review what you've learned, and give you practical suggestions for putting it to use.

Review

- Why can't you have trust without risk?
- In what part of the trust equation do we most commonly find risk?
- What does Name It and Claim It mean?

Putting Trust To Work

1. Are you presently in a situation with another person that could benefit from Name It and Claim It?
 - a. Write down the issue in a single sentence
 - b. List all your concerns about saying the issue to the other person
 - c. Express your concerns as caveats
 - d. Put it all together in a sentence.
2. In the example you wrote down above, look at step a. and ask yourself whether the sentence you wrote contains blame or judgment about the other person. If so, rewrite it so any objective person would agree with it – including the person with whom you're in the difficult situation.