7 Dimensions of Trust

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Women. Couples. Teens. Groups

When trust feels shaky, it can be hard to name what's missing. These seven dimensions put words to the everyday ways we build, protect, and repair trust.

B — Boundaries

Say what's okay for you and what isn't. Talk through differences, then honor the limits you've agreed to. Unspoken or ignored boundaries can leave room for hurt, resentment, and misunderstandings.

R — Reliability

Let your actions match your words. Talk about what respect, care, safety, and fairness look like to each of you, rather than assuming you have the same expectations. Then follow through consistently.

A — Accountability

Own what you did and how it affected the other person, even if you didn't mean to hurt them. Apologize without excuses and make amends that address the harm and reduce the chance of repeating it.

V — Vault

Treat what someone tells you in confidence as theirs to share. Passing along private information without permission breaks the trust that made it possible for them to tell you in the first place.

I — Integrity

Do what you believe is right, even when it's uncomfortable or inconvenient. Honesty gives the other person the information they need to make their own choices.

N — Nonjudgment

Make room for each other's feelings, values, and beliefs without criticism or ridicule. You can respect someone without agreeing. Some differences may make you incompatible without making either of you wrong.

G — Grace

Separate a person's worth from their actions or beliefs. You can still name what hurt. Seeing the person as more than what they did leaves room for understanding or forgiveness.

Adapted from Brené Brown's BRAVING framework; this guide uses Grace for the G.

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