



The Trust Drop

You wanted to believe. Maybe you even did. And then it slipped. Let's look at what broke and what's worth rebuilding.

Date: _____ Weather: _____ Attitude: A.M. _____ P.M. _____

1. Did I try to open up today, or did I shut down first? _____

2. Was I let down, or was I still bracing from the last time? _____

3. What was I hoping would happen that didn't? _____

4. Did I trust someone who didn't earn it, or refuse to trust someone who did? _____

5. Where do I feel safest right now, and where do I not? _____

6. What part of me got triggered when things felt risky? _____

7. Is this about now, or something old dressed in new clothes? _____

8. What does trust even mean to me right now? _____

9. What would rebuilding look like—one brick, not the whole wall? _____

10. What's still worth believing in, even after all this? _____
