

The ART of Making Friends

Trust Building in Friendships

1. How do you personally define **trust**?

2. When has **trust** been broken in one of your relationships?

3. What led to the breakdown of **trust**?

4. How did you feel and think afterward?

5. What was your role in the **trust** being broken?

6. What could you have done to prevent it?

7. How can you rebuild **trust** now?

8. How can you avoid similar issues in the future?
