

Name:

Date:

My Trust Map

How to create your Trust Map:

- Start with YOU: Write your name in the center circle
- Add trusted people: In the dotted circles, write the names of people you trust
- Use colors: Color each person's circle based on your relationship with them
- Draw connections: Draw lines from yourself to each person
- Reflect: Complete the questions at the bottom

A central solid circle with the text "Name:" inside. Surrounding it are ten dotted circles arranged in a roughly circular pattern, intended for drawing connections to trusted individuals.

Color code your relationships:



Family members



Community members (coaches, neighbors, church)



Friends



School people (teachers, counselors)

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Reflection Questions:

1. What makes someone trustworthy? List 3 qualities:

2. How do you show others that you are trustworthy?

3. What would you do if someone broke your trust?
