

HOMEWORK FOR ADULTS

Whom Do You Trust, and Why?

Think about a person in your life whom you really feel you can trust. The person can be someone who you're close with now, or someone you were close with sometime in the past.

Check off all the statements below that apply to your relationship with this person.

- I wouldn't be afraid to tell this person about a big mistake I'd made.
- I know this person wouldn't discuss something I had asked them to keep private.
- This person likes me for who I am, not what I do.
- I could call this person in the middle of the night if I needed help in an emergency.
- I spend a lot of time with this person.
- I don't have to act "nice" around this person if I don't feel up to it.
- I don't see this person that often, but our times together are special to both of us.
- This person has seen me at my worst.
- When this person offers advice, it doesn't feel like criticism.

Write any additional thoughts about what makes your relationship with this person a trusting one:

When you were a teenager, did you feel this way about your parents? Why or why not?

Do you think your teenager feels this way about you? Why or why not?
