

THE TRUST AGAIN TOOLKIT

A Gentle Guide to Rebuilding
Trust Without Losing Yourself



What past experiences caused me to stop trusting?

- | | |
|--|--|
| ☐ Lies | ☐ Gaslighting |
| ☐ Manipulation | ☐ Neglect |
| ☐ Broken promises | ☐ Broken promises |
| ☐ Withdrawal | ☐ Abandonment |
| ☐ Psychological abuse | |

Notes

Remember: naming it isn't about blame—it's about clarity.

Tiny Trust Experiments

Small, safe steps to test and rebuild trust:

- ☐ I will share one small truth with _____ and notice how they respond.
- ☐ I'll ask for a small favor and see if they follow through.
- ☐ I'll set a tiny boundary (like saying no to a minor request) and observe the reaction.
- ☐ What else? _____

Add Your Own Experiments

Reminder: You don't have to rebuild trust all at once. Start small. Each experiment is a data point, not a final verdict.

Red Flags / Green Flags



Red Flags

- ☐ Oversharing too fast
- ☐ Dismissing your needs
- ☐ Inconsistency
- ☐ Avoiding accountability



Green Flags

- ☐ Consistency
- ☐ Honesty
- ☐ Respect for boundaries
- ☐ Following through on promises

Add Your Own
Experiments

Reminder: Spotting patterns shows you which direction to walk.

“Consistency matters more than charm.”

Where have I confused charm for trustworthiness?

Add Your Own

Reminder: Spotting patterns shows you which direction to walk.

Affirmations That Aren't Toxic Positivity.

- I don't owe anyone access just because they're nice.
- My need for safety isn't rejection — it's self-respect.
- I let the past inform me, not control me.
- Guarded doesn't mean closed off — it means discerning.
- Boundaries are not rejection — they're self-respect.
- I can receive a compliment without deflecting.
- I can open up about how I really feel.
- I can tell people what I need and notice how they respond.

Reminder: Affirmations can guide you gently home to yourself.

Dear Younger Me.

What would I tell my younger
self about trust, boundaries, and
safety?

Reminder: Affirmations can guide you
gently home to yourself.