



## TESTS OF TRUST

When you “fall in love” with someone there is a period where both people put their best foot forward. We initially tend to minimize, or not even see, the negatives in a person we are attracted to. Paying attention to previous friendship and relationship patterns is smart because how we act in the past says a lot about how we will act in the future. Beware of thinking: “He or she really loves me and would never treat me like he/she has treated others.”

- YES NO Does this person keep their promises?
- YES NO Can this person keep secrets?
- YES NO Does this person stand up for people when they deserve it?
- YES NO Can this person admit they are wrong and apologize?
- YES NO Is this person generally kind to others?
- YES NO Does this person show empathy towards others?
- YES NO Is this person genuine?
- YES NO Is this person a good listener?
- YES NO Does this person show they are aware of how their actions affect others?
- YES NO Does this person take responsibility for their own actions?
- YES NO Can this person control their anger?
- YES NO Does this person display honesty?
- YES NO Does this person continually put people down?
- YES NO Does this person make unfair judgments or spread rumors about others?
- YES NO Does this person use or take advantage of others?
- YES NO Does this person put up a pretend or phony front?
- YES NO Does this person act helpless and look for others to take care of them?
- YES NO Does this person blame others?
- YES NO Does this person run away from problems?
- YES NO Does this person engage in regular drug or alcohol use?

### Item Key

If you answered more no's on the top half and more yes's on the bottom half, beware! This person has many problem behaviors that will make it difficult for him or her to have successful and healthy relationships. If you answered more yes's on the top half and more no's on the bottom half, this person possesses positive relationship qualities.