

Trust self-evaluation

Directions: Take a few minutes and think about the behaviors listed below. On the scale, circle the number that reflects how often you display that behavior in general in your interactions with others at work.

<u>Trust Technique</u>	<u>Never</u>	<u>Sometimes</u>	<u>Always</u>								
Share thoughts, feelings, And rationale	0	1	2	3	4	5	6	7	8	9	10
Make commitments You can keep	0	1	2	3	4	5	6	7	8	9	10
Admit your mistakes	0	1	2	3	4	5	6	7	8	9	10
Request and accept Feedback <i>On your performance</i>	0	1	2	3	4	5	6	7	8	9	10
Test assumptions <i>Are they fact or fiction?</i>	0	1	2	3	4	5	6	7	8	9	10