

Brené Brown: The Anatomy of Trust

<http://www.supersoul.tv/supersoul-sessions/the-anatomy-of-trust/>

BRAVING

B = Boundaries –respecting yours and having my own

R = Reliability, being both reliable and authentic (real)

A = Accountability –I own my mistake, apologise, and make amends

V = Vault: what I share with you, you will hold in confidence (and I do the same with you!); no gossiping; respect confidentiality

I = Integrity –choosing courage over comfort; choosing what’s right over what’s fun, easy or fast; practising my values, not only just professing my values

N = Non-judgement & reciprocity, offering *and* asking for help. Not thinking less of myself for needing help, otherwise I’ll judge others for asking me for help

G = Generosity –believing the best in the other even when they disappoint me (vs. being a victim)

Self-trust –doing the above with myself!

Judging myself reduces trust in myself.

I need to practise self-love, self-respect, counting on myself. *I can't expect from others what I don't give to myself.* If I don't love myself how can I expect others to trust me when I tell them I love them?

African proverb: “Be wary of a naked man offering you a shirt!”

If I have difficulty trusting others, first ask myself: *how do I treat myself?* “We can't ask people to give to us something that we do not believe we are *worthy* of receiving. I know I am worthy of receiving when I trust myself above anyone else.”