Healthy Relationship Guideposts

Recommendations by Brene Brown

By: Leah Young
www.balancedlivingwithleah.com

*Brene Brown's descriptions of **TRUST** in a relationship:*

Choosing to make something important to you, vulnerable to the actions of someone else. When we trust we are BRAVING connection with someone.

*Brene Brown's description of **DISTRUST** in a relationship:*

What I have shared with you, that is important to me, is not safe with you.

Guideposts to evaluate the health and safety of your relationships:

1. **Boundaries** - I trust you when you are clear about your boundaries.

2. **Reliability** - I can only trust you when you do what you say you are going to do, consistently, over and over and over again. You cannot gain my trust if you are reliable just once, or even periodically.

3. **Accountability** - I can only trust you IF when you make a mistake, you are willing to own it, apologize for it and make amends. I can only trust you if when I make a mistake I am able to own it, apologize for it and make amends.

4. **Vault** - What I share with you, you will hold in confidence. What you share with me I will hold in confidence.

5. **Integrity -** I can only trust you if you act with integrity, and *integrity means:*

    a. Choosing courage over comfort.
    b. Adhering to your values rather than just doing what is fun, fast or easy.
    c. Practicing your values, not just professing them.

6. **Non-judgement** - I can fall apart and struggle and ask for help without being judged by you. You can fall apart and struggle and ask for help without being judged by me.

7. **Generosity** - Our relationship is a trusting relationship only if you can assume the most generous thing about my words, intentions and behaviors and if I do the same for you. Meaning if we mess up or forget something, we first assume the best of each other and then check in.