



TRUST ASSESSMENT	Almost Never	Seldom	Sometimes	Often	Almost Always
1. I have the skills to get the work done.					
2. Others can depend on me to follow through on my commitments.					
3. I find it difficult to admit my faults and limitations.					
4. I can be myself with others.					
5. I know what I'm doing.					
6. I feel uncomfortable when others are expressing their feelings.					
7. I own my mistakes as well as my successes.					
8. I tend to withhold relevant information from others.					
9. I'm honest about my true intentions.					
10. I like working with others.					
11. I deliver on what I promise.					
12. I feel disconnected from my team.					
13. I say what I mean in a clear and concise manner.					
14. Others feel safe being themselves with me.					
15. I take on too much.					
16. I'm disorganized.					
17. I put the needs of the team ahead of my short-term interests.					
18. I'm less candid during confrontational interactions.					
19. It makes me uncomfortable to request help.					
20. I believe the best about someone until proven otherwise.					
21. I'm able to meet others' expectations.					
22. Others are tentative in letting their guard down around me.					
23. When I'm under pressure, I let deadlines slip.					
24. Others lack confidence in my abilities.					
25. I mean what I say.					



## TRUST ASSESSMENT

### Scoring the Trust Assessment

For each of the following, circle the score that corresponds to the rating that you gave that item on the Trust Assessment. Then add the circled scores within each column and add across columns for your cluster score. Compare the relative scores for each cluster to determine where you are strongest and weakest with respect to **Trust**.

	Almost Never	Seldom	Some-times	Often	Almost Always
Item 1	1	2	3	4	5
Item 5	1	2	3	4	5
Item 16	5	4	3	2	1
Item 21	1	2	3	4	5
Item 24	5	4	3	2	1

Competent

Column  
Total \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ =

**COMPETENT -**  
I know what I am doing.

	Almost Never	Seldom	Some-times	Often	Almost Always
Item 7	1	2	3	4	5
Item 8	5	4	3	2	1
Item 9	1	2	3	4	5
Item 13	1	2	3	4	5
Item 18	5	4	3	2	1

Believable

Column  
Total \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ =

**BELIEVABLE -**  
I tell the truth and am open. "I say what I mean" & "I share relevant information."

	Almost Never	Seldom	Some-times	Often	Almost Always
Item 3	5	4	3	2	1
Item 4	1	2	3	4	5
Item 14	1	2	3	4	5
Item 19	5	4	3	2	1
Item 20	1	2	3	4	5

Vulnerable

Column  
Total \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ =

**VULNERABLE -**  
I trust others.

	Almost Never	Seldom	Some-times	Often	Almost Always
Item 2	1	2	3	4	5
Item 11	1	2	3	4	5
Item 15	5	4	3	2	1
Item 23	5	4	3	2	1
Item 25	1	2	3	4	5

Reliable

Column  
Total \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ =

**RELIABLE -**  
I follow through. My words and actions consistently match. "I mean what I say."

	Almost Never	Seldom	Some-times	Often	Almost Always
Item 6	5	4	3	2	1
Item 10	1	2	3	4	5
Item 12	5	4	3	2	1
Item 17	1	2	3	4	5
Item 22	5	4	3	2	1

Connected

Column  
Total \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ + \_\_\_\_\_ =

**CONNECTED -**  
I am on their side. "I belong to the same tribe."