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Peer Group Chat

Date: 7/09/23

Title: Building Trust

Description: Trust is a vital pre-requisite to being vulnerable and sharing with others. Let's come together to talk about our experiences with trust, and how we might be able to develop trust to enable safe and open sharing.

TideisTurning (PSW)	Hey @Catz28
Catz28	Hi
TideisTurning (PSW)	We'll get started soon @Catz28 :)
Jupiter	Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about Building Trust.

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Jupiter	<p>Tonight, Peer Support Workers @Jupiter and @TideisTurning will be facilitating a discussion around the topic of Building Trust. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to be able to be vulnerable and share with others while knowing who we are able to safely trust. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about our past experiences with trust which may be hard to revisit. @tyme, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (https://www.sane.org/peer-support/peer-group-chat/chat-faqs) or message @tyme. We're looking forward to creating a space where we can reflect and learn more together about Building Trust.</p>
TideisTurning (PSW)	<p>Welcome @Patchworks!</p>
Jupiter	<p>Within this group tonight we'll be talking about: What trust looks like for us and why it is important How to build trust with others How our environment might impact trust</p>
Jupiter	<p>Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm Jupiter!</p>
TideisTurning (PSW)	<p>Hi Everyone!</p>
TideisTurning (PSW)	<p>Glad to see you made it @Glisten:)</p>

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tyme (PSW/ Moderator)	I'm tyme, the moderator on here tonight :)
Catz28	Evening everyone
Blackbird 11	Hello everyone I'm Blackbird11
tyme (PSW/ Moderator)	Good Evening Catz28, great to have you with us :)
tyme (PSW/ Moderator)	Hi Patchworks and Glisten!
Jupiter	Okay, let's get into it! Q1: What does trust look like to you?
TideisTurning (PSW)	Hi @Snowie& @Littleleopard. Just in time!
7cough9	Hi folks
Snowie	hi
Patchworks	Hi everyone, I had some technical issues. Trust for me is very important and it's a basis for all relationships
Blackbird 11	Trust is a safe place to be, share and grow

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Snowie	trust to me is relying on someone, being vulnerable with that person and knowing that they have your back through the good and bad times. It is being able to be open with someone
Jacques	hello ladies, gentlemen and gender neutral peoples
Patchworks	Hi Jacques
Jacques	trust for me is something very sacred. it means everything to me.
TideisTurning (PSW)	Welcome @Jacques& @7cough9:)
Snowie	I also think trust is earned, not just given
Jupiter	Good point Snowie!
Catz28	Trust to me is able to be myself with some one and able to be open with them. A feeling of comfort and being accepted for who am I.
Patchworks	And trust can be damaged too or taken away
TideisTurning (PSW)	Absolutely. @Patchworks & @Snowie. Brene Brn's marble jar concept illustrates both of these points re. trust really well :)
Blackbird 11	@TideisTurning (PSW)!ve not heard of BB marble jar concept.

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TideisTurning (PSW)	For me, I like Brene Brown's BRAVING acronym to describe trust, because I feel like it encompasses nearly everything that, for me, makes up trust. that is- Boundaries, Reliability, Accountability, Vault, Integrity, Non-judgement & Generosity.
TideisTurning (PSW)	That's ok @Blackbird 11. It's covered in one of the resources we'll share toward the end of the discussion tonight :)
7cough9	Trust has a couple aspects, and all three are needed for the most compelling version. I judge someone to be competent (not a childish or ignorant problem person) ; I judge them to be authentic (honest, not trying to manipulate) ; I judge that we have some shared concerns and respect for differences that make it worth engaging with them.
Jupiter	Alright, next question! Q2: Why might trust be important?
Snowie	I think it is important as it makes me feel safe with that person. I can open up to them and allow them into my life. It is important to makes those positive relationships with people.
Blackbird 11	It's a good foundation to positive relationships
Patchworks	I agree Snowie it's about safety and feeling secure with the other person
TideisTurning (PSW)	@Snowie& @Blackbird 11, between you, you basically said what I was going to say! :)

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7cough9	2 mistrust can erode community and family and friendship , depriving you of opportunities and supports and meaningful roles. Mistrust in intimate or domestic commitments is an ongoing misery, in my case made me an insomniac who lost 20 kg.
Jupiter	When I trust someone it allows me to feel safe being my authentic self with them.
Jacques	trust is so important to me because i have been hurt so much in the past i need it to be able to fully allow anyone into my world
tyme (PSW/ Moderator)	I think trust also lets you be yourself. Without trust, we will always be looking over our shoulder 'just in case'. That hyper-vigilance can be so wearisome.
Snowie	@Jacquestotally agree
Catz28	Allows me to feel safe. Helps build positive relationships. Helps me feel I can share things and not ridiculed
Patchworks	@TideisTurning (PSW)I can relate to that
7cough9	Trust enables you to feel at home in your environment, relax and kick your shoes off to stop struggling, or to have the confidence to try things and fail without fearing exploitation or lost goodwill.
Patchworks	That's a good point @7cough9about being able t try things and fail in a safe way

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TideisTurning (PSW)	I love the way you've articulated that @7cough9
tyme (PSW/ Moderator)	I was just about to type what you wrote 7cough9! Absolutely agree that trust allows a person to take risks and challenge themselves!
Little_Leopard	For safety
Little_Leopard	To ensure good boundaries
TideisTurning (PSW)	100% @Little_Leopard
Catz28	Trust can be destroyed which can lead to hurt, lack of faith in others and leave people wary to trust anyone again
tyme (PSW/ Moderator)	Most definitely, Catz.
Patchworks	Yes, it can get worn down and hard to build back to trusting again
Little_Leopard	Yeah if you are to distrusting is can make others uncomfortable. It can be a bit of a balancing act. I make people uncomfortable because I am uncomfortable lol
TideisTurning (PSW)	The whole 'I get knocked down, I get back up again' can definitely be a whole lot more challenging in practice!

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Jupiter	Everyone is contributing such good insight tonight! Q3: How could you build trust with others?
Little_Leopard	Giving them a small test
Little_Leopard	Something non threatening like seeing if they meet you when they say they will.
Blackbird 11	Find common ground, body language and follow up on what you say you would do
Little_Leopard	I notice how they speak about others. If they talk badly about others all the time then I don't trust them
TideisTurning (PSW)	I really like your point about observations @Little_Leopard! That can be a super good tell
Little_Leopard	Thanks @TideisTurning (PSW)
Jacques	how i build trust with people is something that takes time. i start with small things to test people and work up the trust.
Snowie	I think it takes a long time to build trust especially if in your past that that trust has been broken. Being honest with someone, showing people that you care about them
Catz28	Being honest. Following through on things. Listening to my gut feeling
Little_Leopard	Me to @Jacques

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Snowie	@Catz28I think listening to my gut feeling is spot on with trusting someone
TideisTurning (PSW)	Like a lot of you have said, I think building trust is about action and displaying the qualities described through the BRAVING acronym I was talking about earlier. Trust will increase over time through consistency of these actions that align with or promote trust.
TideisTurning (PSW)	Instinct is definitely important @Snowie, though learning to trust yourself can be a challenge too sometimes!
Shaz51	Very true @Snowie
7cough9	Base level friendliness, courtesy and attention are required but not enough as is. Demonstrating some more taxing virtues should get you closer to over the line: frank honesty about your shortcomings; doing things on the other person's terms at least some of the time rather than being , say a taker. Avoiding talking shit or gossiping about other people not in the room.
Patchworks	It takes time to build trust, when the person demonstrates their reliability, values and care
TideisTurning (PSW)	Hiya @Shaz51! :)
Shaz51	Hello @TideisTurning (PSW)
TideisTurning (PSW)	Hi @ch45:)

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ch45	Hi everyone!
Shaz51	It does take time @Jacques
Patchworks	Hi @Shaz51and @ch45
Jacques	yes @Shaz51and @Snowieit has taken me literally years to trust my partner fully, and i can honestly say i do now
Jupiter	Q4: How do you identify someone who might be trustworthy?
Little_Leopard	Lol good question
Catz28	To me an important part of me trusting someone is when their words and actions are the same.
Shaz51	Hello @Patchworks
Jacques	as i have not been a good judge of character in the past i guess i look for things like how someone conduts themselves when i am around, learn their values and how they where brought up.
Snowie	That they listen to you without judgement, you can count on them when needed, you feel comfortable around them
Shaz51	Yes their words and actions are very important

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Patchworks	Strangers are difficult to identify so people you know it's based on their behaviour, reliability, integrity, kindness I think. I like @Catz28's comment about actions and words
TideisTurning (PSW)	Yes @Catz28. Totally agree with you!
Jacques	oooh that is good @Snowiebeing able to be vulnerable around people close to me is huge.
Shaz51	Some people I would trust but sometimes I wonder about some family members
Blackbird 11	They are person centred, action is stable and words align.
Jacques	i know that feeling all too well @Shaz51i had a family member hurt me very deeply and im still so upset by it
7cough9	4. I.am suspicious of overtalkers, so confident reserve is the better alternative to that.
Little_Leopard	I'm sorry @Jacques all my family hurt me. I can't trust anyone anymore
tyme (PSW/ Moderator)	I'm sorry to hear this Little_Leopard
Catz28	Actions speak louder than words. Someone who isn't self centred, who shows they honestly care about me, someone I feel comfortable being with and that I can depend on

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Little_Leopard	I can be an Uber talker @7cough9 I promise I don't bite :)
Jacques	i get that @7cough9people who are outspoken do not impress me or people who are showy
Jupiter	It seems like quite a few people have had their trust challenged in the past... Q5: What qualities might someone who's not trustworthy have?
Shaz51	@Jupiter, @TideisTurning (PSW), when something happens like today where you had to put a trust in a family members which is hard but you actually find out more about their family members which they had put trust in me
ch45	Q5: work for my organisation, middle-senior management
Shaz51	Yes me too my @Jacques
Snowie	Q5. They lack empathy, they don't have boundaries, they don't take your feelings into account, they judge you.
Patchworks	Non trustworthy people hide things from me, give me advice that put them first and me last, ask too many questions,
Catz28	Self centred, care about themselves only. Don't respect other people. Can't be confided in

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Jacques	for me the qualities would be someone who is not honest, who talks about me behind my back, who uses me, or someone whom the relationship is a one way street. i have experienced all of these traits in my life and they are now major red flags for me.
7cough9	Very insightful @Patchworks
Shaz51	@Jupiterit is like someone asks you how something went and you know you have only told one person about that
Blackbird 11	Gaslighting, lies, gossip and poor integrity
Jupiter	Q6: How might trust differ depending on different contexts or situations? Why?
Jacques	differing trust for me would be based on the type of relationship, i would not expect a high level of trust from a colleague but would expect a high level of trust from a partner. friends would be somewhere in the middle.
Patchworks	I trust a shopkeeper to give me the correct change whereas I trust a partner with my life
7cough9	5.They Can't Handle Negative Feedback; They Can't Control Their Emotions; They Don't Listen When You Say ,They Dominate The Conversation , (from https://wellbii.online/6-habits-untrustworthy-people-have-in-common/)

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Little_Leopard	Sometimes you can't trust people when they are not in a good place mentally. But when they are well then you can trust them
Shaz51	Because of past hurts I don't trust my aunty anymore and it is soo hard to share anything with her again
ch45	The content of what I want to share with someone determines what trust I need in them...so far, there are very few I can trust to be open about everything that I am
Little_Leopard	@7cough9 I can not control my emotions
Shaz51	But I always know I could trust my mum to anything
Little_Leopard	Sorry that you got hurt by your family @Shaz51
7cough9	6. Service people and professionals can he assumed to have supervisors or ethics to make them accountable for, say, stealing credit card details, while a stranger cold calling me with a pitch does not get such benefit of the doubt.
TideisTurning (PSW)	I'm ad you have your Mum @Shaz51. It's hard when there are others close, or who seem like they should be close, that we can't trust
Shaz51	Thanks @Little_Leopard, I glad I can concentrate on the family members I can trust xx

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Catz28	Different types of trust for me would be based on who is involved. Eg employer, sport coach, friend. Trust me employer to pay me correctly etc, coach to teach me. Trust with a friend which has been earned over time through mutual respect etc
Jupiter	Q7: What kind of environment helps aid trust?
Snowie	I think somewhere you feel comfortable being. Somewhere where I feel safe too
7cough9	Acquaintances and casual friends can usually be counted on for things we are dealing with on common, like locking up a workplace at end of shift, but would need to have proven themselves in some specific ways before you , say, lend them your personal car
Snowie	also somewhere that is familiar too me
Jacques	i have found fearing loneliness made me make bad decisions in relation to friends, becoming comfortable with my own company has freed me to be more selective as to whom i allow into my life and whom i remove from it.
Shaz51	Where I feel safe, wanted , comfortable in saying something
Catz28	I'm similar @Snowie

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TideisTurning (PSW)	For me, one of the pivotal things in an environment that aids trust is an environment where interruptions and distractions are minimal, if not completely eliminated. When I was young, I used to request going for a drive if I felt like I needed to have a big or personal/ vulnerable conversation, because I knew interruptions were almost guaranteed not to happen. Sometimes, I still have my big conversations on a drive for this reason! I also resonate with what a lot of you have said about familiarity and feeling valued and comfortable
Shaz51	Where you feel OK to say something is so important
Catz28	Some where that people feel free to talk and are listened to
Snowie	Somewhere that is consistent. For example my psych always has her office set up the same way, with the same smells and the seats in the same place. She also has the same fidget toys that I use. It may not be a big thing to others, but for me it makes it a safe place.
TideisTurning (PSW)	@Glisten, do you have any thoughts you feel comfortable sharing on this, or just taking it all in? 😊
Little_Leopard	Haha I don't know!
Little_Leopard	Maybe at an event or situation we're there is not pressure
Shaz51	Hello @Glisten

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7cough9	Formal environments like workplaces that are structured around principles like transparency and confidentiality can provide a base level for encouraging trust, but that only goes so far. For personal trust you really need opportunities to see people as humans and equals, someone in the same boat as you. That's probably why organisations do team building retreats and similar.
Little_Leopard	I have to re learn to trust myself first
Little_Leopard	I have to trust in my own ability to take care of myself I think
Catz28	For me, feeling safe is a big thing. If I don't feel safe I'm on edge, can't relax and just want to leave
Shaz51	@Jupiter, my inlaws are very trustworthy but are very negative thinkers that you feel you don't want to share anything with them
Little_Leopard	That's fair enough @Catz28!!
Jupiter	Thanks everyone for your contributions! Here are some further resources we recommend having a look at: 1 The Anatomy of Trust: https://jamesclear.com/great-speeches/the-anatomy-of-trust-by-brene-brown 2 How to Build and Rebuild Trust: https://www.youtube.com/watch?v=pVeq-0dlqpk

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	<p>3 The Essential Importance of Trust: https://www.forbes.com/sites/dennisjaffe/2018/12/05/the-essential-importance-of-trust-how-to-build-it-or-restore-it/?sh=7036768d64fe</p> <p>Also please feel free to join us on the SANE forums: https://saneforums.org/</p>
TideisTurning (PSW)	I hear you @Catz28. Safety is actually one of our most basic needs, second only to physiological needs like food, water and shelter :)
Little_Leopard	Thanks!
Jacques	thank you for the wonderful chat tonight @Jupiter@TideisTurning (PSW)@tyme (PSW/ Moderator)
TideisTurning (PSW)	For anyone interested, that first link includes discussion on Brene Brown's Marble Jar concept :)
ch45	Thank you!
Little_Leopard	Are you sure that it's second @TideisTurning (PSW)
Jacques	i know it takes a lot of your time to organise these chats and i am so grateful for your time and knowledge.

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TideisTurning (PSW)	Thank YOU @Jacquesand everyone for joining us tonight, sharing and making this space what it has been
Jacques	good night all, hugs to everyone.
Shaz51	Thank you @Jupiter, @tyme (PSW/ Moderator), @TideisTurning (PSW) great night , soo tired here but so glad I came , thanks @tyme (PSW/ Moderator)
Catz28	Like others have mentioned, my trust in people has been broken and destroyed many times over the decades. I find it very hard to trust others now.
Jupiter	Before everyone heads off for the night - Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?
Snowie	Learnt that there are so many things that go into trusting someone and it takes a long time to build that trust, especially if you have lost it in the past.
Catz28	Learnt there are different types and levels of trust
Jupiter	Very true Snowie
Jupiter	Good one Catz28
Shaz51	I agree @Catz28, @Snowie

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Catz28	I've had couple busy days and am feeling exhausted. Great night, thanks. Night everyone
Jupiter	Night Catz28!
Jupiter	Tonight's topic may have brought up some heavy feelings as we talked about our experiences with trust, and trusting others with our vulnerable experiences or feelings. Would some self-care be helpful for you after we finish? If so, what might you do?
Jupiter	I'm going to have a nice warm shower :)
Snowie	Thanks for the topic, another good one tonight. Going to go to bed and write in my journal and then hopefully get some sleep
Jupiter	Hope you sleep well Snowie, thanks for coming along!
7cough9	Nightynight
Jupiter	Good night!

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Jupiter	<p>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here:</p> <p>https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-Building-Trust-Thursday-7th-September-2023-7-8/m-p/1334063#M345261</p> <p>Keep an eye out for the next Peer Group Chat discussion about 'Creating Calm Amongst Chaos'</p> <p>If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here:</p> <p>https://www.sane.org/peer-support/peer-group-chat</p> <p>You can also ask questions for us to discuss in future peer chats!</p>
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