

## Relational Trust Exercise

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Read the following statements and decide how well they describe you. Then mark your response on the following continuum:

**1 = Not at all like me; 4 = Always like me**

I am predictably on time and prepared for meetings.	1	2	3	4
My team/school/district can always count on me to complete assigned tasks at a high level.	1	2	3	4
All of my colleagues know that I enjoy my work.	1	2	3	4
I embody the school values and norms in my work on a daily basis.	1	2	3	4
I will not participate in gossip or allow others to speak poorly of my colleagues.	1	2	3	4
I value the feedback process as a growth tool and strive to incorporate change in my practice.	1	2	3	4
I hold myself and others to the same high standard.	1	2	3	4
I give the same amount of flexibility to colleagues that I require of them.	1	2	3	4
My team members know that I understand the importance of working with them. My body language, attitude, and contributions communicate my positivity.	1	2	3	4
I support my colleagues personally and professionally.	1	2	3	4
My focus on solving problems drives me to resist complaining and find the right person to help.	1	2	3	4
I realize my impact on others and strive to include all perspectives and voices.	1	2	3	4

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Adapted from: Abrams, J. (2016). *Hard conversations: The whos, the whens, and the what-ifs*. Thousand Oaks, CA: Corwin.