My Trust and Support Map

Noticing reciprocity, discretion, and care

Trust can be built gradually. You can decide what you share, with whom, and at what pace.

TAKE YOUR TIME If naming others on paper or a device could cause problems, use initials or complete this only during therapy.

1. **Who has shown reliability or care through their actions?**

2. **What specifically have they done that helped me feel respected?**

3. **What topics feel comfortable to share with this person?**

4. **Where might I need more distance or clearer limits?**

5. **What other support is available (service, community, professional)?**

6. **A low-pressure way to connect with support could be...**

EDUCATIONAL SOURCES

Cicippio, B. (2022). Rebuild Clients' Healthy Instincts and Restore Their Trust in Themselves after Manipulation. PESI.