

Guest Opinion Article First Published in Loveland Reporter-Herald 11/29/2025

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Why do people trust blindly?

Feelings of regret and embarrassment frequently arise after one realizes they have been deceived by fraud. Having their trust violated, people question the rationale behind placing their trust in someone or a company. These reactions are common when someone falls victim to a fraudulent scheme that steals money or personal information, breaching their sense of trust. Unfortunately, the psychological impact of being deceived is usually even deeper than any loss of money or privacy.

Humans possess an inherent inclination toward trust, which serves as a fundamental aspect of interpersonal relationships and social interaction. Although not formally classified as a phobia, an intense apprehension regarding trust has been recognized in mental health literature to describe this specific concern. Individuals often develop caution against unexamined trust based on lived experiences that demonstrate its potential risks. Various religious texts underscore the necessity for discernment; for example, Psalm 146:3 advises, "Do not put your trust in princes, in human beings, who cannot save," while Jeremiah 17:5 notes, "Cursed is the man who trusts in man and makes flesh his arm, whose heart turns away from the Lord." These references reinforce the importance of thoughtful consideration, as indiscriminate reliance—referred to as blind trust—can have significant consequences.

Individuals may exhibit uncritical trust due to psychological influences such as cognitive biases. For instance, the halo effect can cause people to accept the views of respected public figures without scrutiny. Additionally, social dynamics play a substantial role; influence from peers, authority figures, and media channels can promote environments where unexamined trust thrives. Emotional attachments further impact trust, as prior experiences and relationships often encourage loyalty that may inhibit objective assessment.

Moreover, the pursuit of security can lead individuals to place unwarranted trust, resulting in susceptibility to manipulation, misinformation, or disappointment—particularly when trust is given to untrustworthy people. Such outcomes underscore the importance of employing critical thinking and making informed decisions.

It is common for people to extend trust to entities that may not warrant it. Relying on organizations including governments, political parties, corporations, or non-profit groups without reservation is foolish, as trust is inherently relational. Trust in institutions overlooks the premise that trust must be earned through careful evaluation of individuals' trustworthiness.

Trustworthy people are those considered credible, dependable, relatable, and believable. While everyone has flaws, we can assess who meets our standards for trustworthiness. It is seldom wise to give trust without careful consideration. For more, see my article "Who do you truly trust?" (8/13/2025). (<https://overcashconsultingllc.com/marketplace-salt-light-2>).

The Old and New Testaments feature verse regarding placing your trust or faith in God. Proverbs 3:5-6 reads, "Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths." One well-known verse from the New

Testament appears in John 14:6, which underscores a foundational Christian belief. It reads, "I am the way and the truth and the life. No one comes to the Father except through me". The verse is [John 14:6](#), and is a central tenet of Christianity, emphasizing Jesus as the sole path to faith in God. Other verses encourage putting significant trust in God. Everyone is encouraged to carefully reflect on God and recognize His truth. To prevent relying solely on blind faith and reduce the chance of deep disappointment, it is crucial to establish clear criteria for assessment.

Below are long-established ways to reflect on God's trustworthiness as described in both the Old and New Testaments. Reflect on God's faithfulness to promises, as seen in Genesis 9:13 and John 3:16; note how His unchanging nature is affirmed in Malachi 3:6; and consider how His reliability is demonstrated through provision and care, as described in Philippians 4:19. Consider the experiential truths from others and your own.

While blind trust may create a false sense of security and community, God's intention is not for us to rely on it or merely acknowledging him intellectually. Instead, God asks us to examine him, know him and then enter and remain in a growing relationship with him, forever (John 14:1-3, John 15). This Christmas season might be the time to conduct your own examination rather than relying on blind trust?

