



Relationships

“Trust in someone means that we no longer have to protect ourselves. We believe we will not be hurt or harmed by the other, at least not deliberately. We trust his or her good intentions; though we know we might be hurt by the way circumstances play out between us. We might say that hurt happens; it’s a given of life. Harm is inflicted; it’s a choice some people make.”

– David Richo

“The foundation of adult trust is”You will never hurt me.” It is “I trust myself with whatever you do.”

– David Richo, *Daring to Trust: Opening Ourselves to Real Love and Intimacy*

“We do not create our destiny; we participate in its unfolding. Synchronicity works as a catalyst toward the working out of that destiny.”

– David Richo, *The Power of Coincidence: How Life Shows Us What We Need to Know*

“When we feel unsafe with someone and still stay with him, we damage our ability to discern trustworthiness in those we will meet in the future.”

– David Richo

“The opposite of interpersonal trust is not mistrust. It is despair. This is because we have given up on believing that trustworthiness and fulfillment are possible from others. We have lost our hope in our fellow humans.”

– David Richo

“We mark with light in the memory the few interviews we have had

with souls that made our souls wiser, that spoke what we thought,
that told us what we knew, that gave us leave to be what we divinely
are.”

– David Richo