

Union of Saints, Trust Building Exercises

1. Open Communication Exercises

Goal: Increase honesty, understanding, and emotional transparency.

- **Daily Check-In**
 - Set aside 5–10 minutes each day to share how you feel and what's on your mind.
 - Use prompts like: “One thing I appreciated about today...” or “One thing I found challenging today...”
 - **Active Listening Drill**
 - Take turns speaking for 2–3 minutes while the other only listens and then repeats back what they heard.
 - Avoid interruptions or advice; just reflect understanding.
 - **Express Appreciation**
 - Each person shares one thing they genuinely appreciate about the other.
 - Builds positivity and reinforces reliability.
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2. Reliability & Consistency Exercises

Goal: Build trust through actions, not just words.

- **Small Promises Challenge**
 - Make a small, achievable promise (e.g., text at a certain time, do a chore) and follow through consistently.
 - Gradually build toward bigger commitments.
 - **Transparency Practice**
 - Share plans, schedules, or decisions openly.
 - Example: “I’ll be at work until 6, then I’ll text when I leave.”
 - **Check-In Accountability**
 - Agree on a shared habit or goal and hold each other accountable in a supportive, non-judgmental way.
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3. Vulnerability Exercises

Goal: Strengthen emotional intimacy and empathy.

- **Fear & Hope Sharing**
 - Take turns sharing a personal fear or hope.
 - Practice validating and supporting without judgment.
 - **Past Reflection**
 - Share a past experience that shaped your values or perspective.
 - Builds understanding of each other's motivations and triggers.
 - **Support Requests**
 - Ask for help in a small, non-critical way and follow through on supporting the request.
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4. Conflict & Resolution Exercises

Goal: Build trust in how disagreements are handled.

- **Fair Fighting Rules**
 - Agree to rules like no yelling, no interrupting, focus on current issues, and taking breaks if needed.
 - **Problem-Solving Together**
 - Identify a minor conflict and work together on a solution without blame.
 - Reflect afterward on what worked well and what could improve.
 - **Role Reversal**
 - Each person expresses the other's perspective in their own words during a disagreement.
 - Builds empathy and reduces defensiveness.
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5. Fun & Connection Exercises

Goal: Strengthen relational bonds in low-stress settings.

- **Shared Projects**
 - Cook together, start a hobby, or work on a creative project.

- Shared goals increase collaboration and trust.
 - **Weekly “Adventure” or Quality Time**
 - Plan an activity where you explore, laugh, or learn together.
 - Builds positive shared experiences.
 - **Gratitude Circle**
 - Once a week, each person names something they appreciated about the other that week.
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Key Principles for Trust-Building

1. **Consistency Matters** – Small repeated actions are more powerful than grand gestures.
2. **Vulnerability Is Reciprocal** – Share and allow others to share without judgment.
3. **Boundaries Are Respectable** – Trust grows when boundaries are honored.
4. **Conflict Can Strengthen Trust** – When handled respectfully, disagreements reinforce safety.
5. **Patience Is Crucial** – Trust takes time, especially if past hurt exists.