
Choosing to Disclose/Trust

Based on the BRAVING framework by Brene Brown



NEW PATHS COUNSELLING

Before you share, pause and check in with yourself. Trust is not all-or-nothing — someone can be trustworthy with some information and not all information.

BRAVING Quick Check

Check what feels true based on their past behaviour, not hope or intention.

B- Boundaries

They respect limits, privacy, and 'no.'

Ask yourself:

- Do they respect limits — mine and others'?
- Do they keep private things private?
- Do they accept 'no' without punishment, guilt, or withdrawal?
- Do they avoid oversharing their personal details in ways that feel uncomfortable?



Red flags:

Pressuring you to share, dismissing your limits, sharing others' private information casually.

R- Reliability

They are consistent and follow through.

Ask yourself:

- Do they do what they say they'll do — consistently?
- Do their actions match their words?
- Can I predict their behaviour over time?
- Do they follow through, even when it's inconvenient?



Red flags:

Inconsistency, frequent excuses, emotional availability that comes and goes.

A- Accountability

They own mistakes and repair.

Ask yourself:

- Do they take responsibility when they mess up?
- Can they acknowledge harm without deflecting or minimizing?
- Do they apologize without adding explanations or blame?
- Do they make efforts to repair?



Red flags:

Defensiveness, denial, blaming others, avoiding repair conversations.

V- Vault

They keep confidences and avoid gossip.

Ask yourself:

- Can they hold what isn't theirs to share?
- Do they keep confidences?
- Do they avoid gossip and triangulation?
- Do they treat sensitive information with care?



Red flags:

"I probably shouldn't say this, but...", frequent gossip, sharing others' stories for bonding.

I- Integrity

They act according to values, even when it's uncomfortable.

Ask yourself:

- Do they choose what's right over what's easy or popular?
- Do they act according to their values, even when it costs them?
- Are they honest in uncomfortable moments?
- Do they avoid self-serving disclosures?



Red flags:

Shifting values depending on the audience, moralizing others' vulnerability.

N- Non-judgment

I can be honest without being shamed, fixed, or minimized.

Ask yourself:

- Can I be myself without fear of shaming or fixing?
- Can I talk about hard things without being judged?
- Do they listen rather than rush to advice or correction?
- Do they allow emotional complexity?



Red flags:

Minimizing, toxic positivity, unsolicited advice, comparison.

G- Generosity

They assume good intent and respond with curiosity.

Ask yourself:

- Do they assume the most generous explanation — or the worst?
- Do they ask clarifying questions before reacting?
- Do they allow for human error?
- Do they respond with curiosity rather than suspicion?



Red flags:

Jumping to conclusions, taking things personally, rigid interpretations.

Disclosure Level

Based on your reflection, what level of disclosure feels right today?

 Keep it general - share surface level information only

 Share selectively - share specific personal details

 Share vulnerably - share with emotional depth

 Not share right now - protect your story for now

Why do I want to share?

Select all that apply — there are no wrong answers.

To feel less alone

To feel understood

To seek reassurance or relief

To deepen connection

Because I feel
pressure/obligation

Because silence feels
uncomfortable

Other: _____

Values-Based Reflection

What values do you want this choice to align with? Select up to 3.

Self respect

Honesty

Emotional Safety

Integrity

Care

Discernment

Authenticity

Boundaries

Connection

Courage

Other: _____

If I share now, how does that honour my values?

If I don't share (or share less), how does that honour my values?

A Compassionate Reframe

Complete one of the following statements:

"I'm allowed to go slowly because....."

"Not sharing right now is an act of...."

"I can revisit this decision when....."

Closing Reminder

You are not withholding — you are discerning.

Trust is built through repeated experiences, not urgency.

- Vulnerability is not a test to see who stays.
 - Discernment is an act of self-respect.
- You can slow disclosure without shutting down connection.
 - You are allowed to protect your story.

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