

SESSION TWELVE: TRUST BEHAVIORS

Trust Building Behaviors

1. Being honest, telling the truth.
2. Apologizing when you have done something wrong.
3. Being there for someone when they need you.
4. Listening to someone.
5. Doing a favor for someone.
6. When you say you are going to do something, DO IT!
7. Being open to trying new things.
8. Sticking up for a friend.
9. Being willing to compromise.
10. Accepting people's differences.

Trust Destroying Behaviors

1. Making fun of someone because they are different.
2. Lying.
3. Telling secrets behind someone's back.
4. Calling someone names and making them feel bad.
5. Not following the rules.
6. Invading someone's privacy.
7. Ignoring people's ideas.
8. Breaking a promise.
9. Pretending to care about someone or something.
10. Refusing to be accountable for your actions.

Which trust building is easy for you to do?

Which trust building is hard for you?

Which trust destroying do you struggle with not doing?

Which trust destroying is easy for you not to do?

SESSION TWELVE: PERSONAL MISSION STATEMENT

Answer the following questions the best that you can. Once you have answered all the questions, you will be asked to write a mission statement about what kind of person you want to be and what your mission is in living a good life. Of course, your mission statement may change over time.

1. Who is someone you truly admire? _____

2. What are three words that you would use to describe this person and why you admire them?

a) _____ b) _____ c) _____

3. Twenty years from now, what do you hope that you will be doing?

4. What interests do you have? If you could spend a whole day in a library or searching online, what would you want to learn about?



5. What are 6 things that you love to do?

- a) _____ b) _____ c) _____
- d) _____ e) _____ f) _____

6. What is something that represents you and why? For example, an animal, bird, flower, or song.

7. If you could spend a day with anyone who has ever lived, who would it be? What would you talk about?

8. Finally, name 6 strengths or talents that you have.

- a) _____ b) _____ c) _____
- d) _____ e) _____ f) _____



SESSION TWELVE TAKE HOME ACTIVITY

COMMUNITY SUPPORT NETWORK

Think about all the people you depend on in your life, like parents, Aunties, Elders, siblings, doctors, teachers, and counselors.

If you have trouble at work, who do you talk to? Who do you reach out to if you have a family problem or a problem with a friend? What about if you are really sad? What if you are really angry?

Put your name in the center circle and then add the names of the people in your community support network. Maybe you can even add more circles! (For example: You know there is someone who can help you with a specific problem, but you need another person to introduce you or be the connecting point.)

