

Conscious Community: Create a culture and climate for change allowing all participants to shift to a higher vibration of awareness and acknowledging universal truths.

Anatomy of Trust – Brene’ Brown You Tube Presentation

B R A V I N G

Boundaries – I trust you if you are clear about your boundaries and you hold them and you are clear about my boundaries and you respect them. There is no trust without boundaries.

Reliability – I can only trust you if you do what you say you’re going to do and not only once. Reliable – it would say the same thing 100 times. You do what you say you’re going to do over and over and over again with clarity on our limitations so that we don’t overcommit.

Accountability – If when you make a mistake you are willing to own it, apologize for it and make amends with the same agreement in reverse.

Vault – What I share with you, you will hold in confidence; what you share with me, I will hold in confidence. But, what we don’t understand is the other side of vault – for example, did you hear about...what you have just shared with me was not yours to share and now my trust for you is diminished. I see that you acknowledge confidentially – tricky – not ours to share. The common enemy is the desire for intimacy (but it’s not real, if it’s not ours to share.)

Integrity – Act from a place of integrity and encourage me to do the same. What is integrity – choosing courage over comfort, choosing what’s right over what’s fun, fast, easy, and practicing your values – not just professing your values.

Non-judgment – I can fall apart, ask for help and struggle without being judged by you and you can fall apart, ask for help and struggle and not be judged by me. Which is really hard because this value must be reciprocal. We need to assign value to needing help.

Generosity – Our relationship is trusting if you can assume the most generous thing about my words, intentions or behaviors and then check in with me if I screw up and say something or do something that seems offensive.