

THE SPIRAL OF TRUST

AN EXPLORATION OF THE LEVELS OF TRUST

Soul Connectedness – Persons are in the trusted, Inner Circle . These relationships are intimate and characterized by authentic communication, emotional safety, little to no limits to trust, and willingness to be vulnerable.

Circle of Friends – Trust has its limits. People in this group have some personal knowledge about you. They may know your mind but maybe not your heart. This group may include, friends, family, and work colleagues.

The Circle of Acquaintances – You have a superficial relationship with your acquaintances. There may or may not be potential for trust and collaboration. Instead, shared goals can be used as a substitute.

This group is made up of known or unknown entities who/that are distrusted. Relationships may be reconcilable and they are possibly emotionally charged.

Intense distrust of known or unfamiliar entities – There is no perceivable opportunity for reconciliation or establishment of trust. Emotionally charged.

