



You can choose to be an optimist when trusting others, giving them the benefit of the doubt until they prove otherwise, or you can be a trust pessimist, suspicious of the people around you until they jump through hoops to prove themselves. Albert Einstein asked a question you can use to determine your disposition.

Is the world a friendly place?

He went on to say, "For if we decide that the universe is an unfriendly place, then we will use our technology, our scientific discoveries and our natural resources to achieve safety and power by creating bigger walls to keep out the unfriendliness and bigger weapons to destroy all that which is unfriendly and I believe that we are getting to a place where technology is powerful enough that we may either completely isolate or destroy ourselves as well in this process.

If we decide that the universe is neither friendly nor unfriendly, then we are simply victims to the random toss of the dice and our lives have no real purpose or meaning.

But if we decide that the universe is a friendly place, then we will use our technology, our scientific discoveries and our natural resources to create tools and models for understanding that universe. Because power and safety will come through understanding its workings and its motives."

Trust is a reciprocal experience so enhancing your trust style and willingness to trust can positively affect your quality of life in all areas. Remember, being optimistic about trust doesn't mean you should overlook certain realities. Realistic optimists attempt to perceive events through an accurate lens while remaining motivated to do whatever they can do to achieve their goals. They are balanced so they can also admit when something is not working. Here are three questions you can use to consider your trust optimism or pessimism.

Questions

Spend a few moments thinking about Einstein's question: "Is the world a friendly place?" If Einstein asked you this question, how would you respond? Why?

How does this way of thinking serve you and the people around you? If it doesn't, how can you re-frame your belief?

Think about how you feel about people you don't trust. Not all of them will be willing to trust you. Of the ones who may be open, how can you interact with them in ways that open door to trust?