

BRAVING

Acronym

Trust is built through small consistent actions:



B - BOUNDARIES

You set, and respect healthy limits. You are clear about your own, making it known what is okay and what is not okay, and why

R - RELIABILITY

Do what you say. You balance your commitments, are aware of your limitations, and do not overpromise

A - ACCOUNTABILITY

You own your mistakes, apologize, and make amends rather than making excuses or blaming others. Talk through what needs to be better

V - VAULT

You keep confidences and do not share information or experiences that are not yours to share

I - INTEGRITY

You practice your values rather than just professing them, choosing what is right over what is fun, fast, or easy

N - NON-JUDGEMENT

You allow others to ask for what they need and talk about their feelings without inducing fear of judgment

G - GENEROSITY

You extend the most generous interpretation to the intentions, words, and actions of others. Assume best intentions