

## BRAVING Inventory

Based on Brené Brown: The Anatomy of Trust  
<https://youtu.be/ewngFnXcqao?t=1m58s>

Trusting others begins with trusting yourself first.  
 Are you a good “marble jar friend” to yourself and others?

Components of Trust	Always	Often	Sometimes	Rarely	Never
<b>BOUNDARIES</b> <i>I respect personal boundaries, and when not sure where they are, I ask. I will say “no” when necessary. I ask for help when needed.</i>	5	4	3	2	1
<b>RELIABILITY</b> <i>I am dependable over and over again. I don’t promise something if it is beyond my skill or limit.</i>	5	4	3	2	1
<b>ACCOUNTABILITY</b> <i>I take ownership of my mistakes, I apologize, and I make amends, and hope others do the same. I don’t blame others for my mistakes. When I need to hold someone else accountable, I do so respectfully.</i>	5	4	3	2	1
<b>VAULT</b> <i>I keep another person’s story safe. What I share about myself or hear from my friend is held in confidence. I don’t tell what isn’t mine to tell.</i>	5	4	3	2	1
<b>INTEGRITY</b> <i>I choose courage over comfort. I choose what is right over what is fun, fast, or easy. I choose to practice my values rather than simply professing them.</i>	5	4	3	2	1
<b>NONJUDGEMENT</b> <i>I ask for what I need, including asking for help. I don’t judge myself or others who ask for what they really need.</i>	5	4	3	2	1
<b>GENEROSITY</b> <i>I extend the most generous interpretation possible to the intentions, words, and actions of others.</i>	5	4	3	2	1

Circle your areas of strength. Where you do have an opportunities for growth? Mark one Brené Brown Component (B-R-A-V-I-N-G) you will develop over the next week with an arrow. What will you do? How will you recognize growth? Who can support you on this journey? How? See BRAVING Plan for Change for next steps.