

BRAVING INVENTORY

Questions to ask for trusting Yourself Others

B

Boundaries

Did I respect my own boundaries?
Was I clear about my boundaries
with others?

Is there a mutual respect for
boundaries? Do we ask for clarity
of what's okay or not?

R

Reliability

Can I count on myself? What
promises do I make with myself
and then regularly break?

Are we each doing what we say we
will do? Are we aware of our
limitations? Are we over-promising
and under-delivering?

A

Accountability

Do I take responsibility or do I
blame others? Do I hold others
accountable or let them off the
hook?

Are we owning our mistakes,
apologizing, and making amends?

V

Vault

Do I share appropriately? Do I stop
other people from sharing
inappropriately? Do I speak of
others as if they were standing
next to me?

Are we sharing information that is
ours to share? Are we keeping
confidences within and outside this
relationship?

I

Integrity

Am I walking my values? Do I
choose courage over comfort? Am I
choosing fun, fast, and easy?

Are we both choosing courage over
comfort? Do we recognize and
honor value differences, and still
live them?

N

Non-Judgment

Did I ask for help when needed?
Am I practicing non-judgment with
myself?

Are we both asking for what we
need without judgment? Can we
talk without feeling judged by the
other?

G

Generosity

Am I generous towards myself? Am
I practicing self-compassion? What
does my self talk sound like?

Am I extending a generous
interpretation of your actions,
intentions and words, and are you
doing the same towards me?

