Rebuilding Trust

Small promises, consistent actions

Trust can take time. Respect other people's boundaries and pace, as well as your own.

Name / initials (optional): _____ Date: _____

Where I want to rebuild trust - including trust in myself

What I can control and what I cannot control

A realistic promise I can keep this week

How I will follow through, communicate and notice progress

Alcohol and other drug support: ADIS 1800 177 833 (24/7)

Not medical, psychological, legal or financial advice, treatment or emergency care.