

Beliefs Related to OTHERS: Trust is the belief that the promises of other people or groups can be relied on with regard to future behavior. One of the earliest tasks of childhood development is trust versus mistrust. A person needs to learn a healthy balance of trust and mistrust and when each is appropriate.

Prior Experience

Negative	Positive
If you were betrayed in early life, you may have developed the generalized belief that “no one can be trusted.” The traumatic event serves to confirm this belief, especially if you were hurt by an acquaintance.	If you had particularly good experiences growing up, you may have developed the belief that “All people can be trusted.” The traumatic event shatters this belief.

Posttraumatic Event Experience

If the people you knew and trusted were blaming, distant, or unsupportive after the traumatic event, your belief in their trustworthiness may have been shattered.

Symptoms Associated With Negative Others-Trust Beliefs
<ul style="list-style-type: none"> ➤ Pervasive sense of disillusionment and disappointment in others ➤ Fear of betrayal or abandonment ➤ Anger and rage at betrayers ➤ If repeatedly betrayed, negative beliefs may become so rigid that even people who are trustworthy may be viewed with suspicion ➤ Fear of close relationships, particularly when trust is beginning to develop, active anxiety and fear of being betrayed ➤ Fleeing from relationships

Resolution

If you previously believed that...	Possible self-statements may be...
If you grew up believing that “no one can be trusted,” which was confirmed by the traumatic event, you need to adopt new beliefs that will allow you to enter into new relationships with	“Although I may find some people to be untrustworthy, I cannot assume that everyone is that way.” “Trust is not an all-or-none concept. Some may be more trustworthy than others.”

Beliefs Related to OTHERS: Trust is the belief that the promises of other people or groups can be relied on with regard to future behavior. One of the earliest tasks of childhood development is trust versus mistrust. A person needs to learn a healthy balance of trust and mistrust and when each is appropriate.

Prior Experience

Negative	Positive
If you were betrayed in early life, you may have developed the generalized belief that “no one can be trusted.” The traumatic event serves to confirm this belief, especially if you were hurt by an acquaintance.	If you had particularly good experiences growing up, you may have developed the belief that “All people can be trusted.” The traumatic event shatters this belief.

Posttraumatic Event Experience

If the people you knew and trusted were blaming, distant, or unsupportive after the traumatic event, your belief in their trustworthiness may have been shattered.

Symptoms Associated With Negative Others-Trust Beliefs
<ul style="list-style-type: none"> ➤ Pervasive sense of disillusionment and disappointment in others ➤ Fear of betrayal or abandonment ➤ Anger and rage at betrayers ➤ If repeatedly betrayed, negative beliefs may become so rigid that even people who are trustworthy may be viewed with suspicion ➤ Fear of close relationships, particularly when trust is beginning to develop, active anxiety and fear of being betrayed ➤ Fleeing from relationships

Resolution

If you previously believed that...	Possible self-statements may be...
If you grew up believing that “no one can be trusted,” which was confirmed by the traumatic event, you need to adopt new beliefs that will allow you to enter into new relationships with	“Although I may find some people to be untrustworthy, I cannot assume that everyone is that way.” “Trust is not an all-or-none concept. Some may be more trustworthy than others.”

<p>others instead of withdrawing because you believe others to be untrustworthy.</p>	<p>“Trusting another involves some risk, but I can protect myself by developing trust slowly and including what I learn about that person as I get to know him or her.”</p>
<p>“Everyone can be trusted,” the traumatic event will shatter this belief. In order to avoid becoming suspicious of the trustworthiness of others, including those you used to trust, you will need to understand trust is not either/or.</p>	<p>“I may not be able to trust everyone, but that doesn’t mean I have to stop trusting the people I used to trust.”</p>
<p>If your beliefs about the trustworthiness of your support system were shattered, it will be necessary to address general issues before you assume that you can no longer trust the support system. Of central importance is to consider their reaction and the reasons why they may have reacted in an unsupportive fashion. Many people simply do not know how to respond and may be reacting out of ignorance. Some respond out of fear or denial because what has happened to you makes them feel vulnerable and may shatter their own beliefs. Practicing how to ask for what you need from them may be a step in assessing their trustworthiness.</p>	
<p>If your attempts to discuss the traumatic event with them leaves you feeling unsupported, you may use self-statements such as “There may be some people I cannot trust talking with about the traumatic event, but they can be trusted to support me in other areas.” If that person continues to blame you and make negative judgments about you, you may decide that this person is no longer trustworthy. It’s unfortunate, but sometimes you find out that some people you thought of as friends do not turn out to be true friends after a trauma. However, you may also be pleasantly surprised to find that some people have better reactions than you expected.</p>	