

LADDER OF TRUST

HOW WE ACT	LEVEL OF INTIMACY	WHAT WE NEED
Trust with Truest Self	Intimacy “Home-Safe” Best Friend Spouse	Committed Love Acceptance
More Personal Sharing	Good Friend Close Relative	Keep Confidences (Secrets)
Relaxed Do Favors	Casual Friend Extended Family	Reliability (Keep Promises)
Friendly	Co-Worker Neighbor	Honesty
Polite	Acquaintance	Respect
On Guard	Mistrust Stranger Enemy	Time and Trustworthiness