

# 10 Ways to Build Trust in a Relationship

Carthage Buckley

## 1. Be True to Your Word and Follow Through with Your Actions

The point of building trust is for others to believe what you say. Keep in mind, however, that building trust requires not only keeping the promises you make but also not making promises you are unable to keep.

Keeping your word shows others what you expect from them, and in turn, they will be more likely to treat you with respect, developing further trust in the process.

## 2. Learn How to Communicate Effectively with Others

Poor communication is a major reason why relationships break down. Good communication includes being clear about what you have or have not committed to and what has been agreed upon.

Building trust is not without risk. It involves allowing both you and others taking risks to prove trustworthiness. To navigate this, effective communication is key. Without it, you may find the messages you've intended to send aren't the messages that are received.

## 3. Remind Yourself That It Takes Time to Build and Earn Trust

Building trust is a daily commitment. Do not make the mistake of expecting too much too soon. In order to build trust, first take small steps and take on small commitments and then, as trust grows, you will be more at ease with making and accepting bigger commitments. Put trust in, and you will generally get trust in return.

## 4. Take Time to Make Decisions and Think Before Acting Too Quickly

Only make commitments that you are happy to agree to. Have the courage to say "no," even when it disappoints someone. If you agree to something and cannot follow through, everyone involved is worse off.

Be clear about what you have on your plate and keep track of your commitments. Being organized is a necessary part of building trust with family, friends, and colleagues. It enables you to make a clear decision as to whether to agree to requests of your time and energy.

## 5. Value the Relationships That You Have—and Do not Take Them for Granted

Trust often results from consistency. We tend to have the most trust in people who are there for us consistently through good times and bad. Regularly showing someone that you're there for them is an effective way to build trust.

## 6. Develop Your Team Skills and Participate Openly

When you take an active role in a team and make contributions, people are more likely to respect and trust you. It is also imperative when building trust in a team to show your willingness to trust others.

Being open and willing to make contributions and to engage demonstrates this. In other words, take what others say into consideration, show that you are listening actively, suggest your thoughts and feedback in a respectful way, and demonstrate that you are willing to be part of the team.

## 7. Always Be Honest

The message you convey should always, always be the truth. If you are caught telling a lie, no matter how small, your trustworthiness will be diminished.

## 8. Help People Whenever You Can

Helping another person, even if it provides no benefit to you, builds trust. Authentic kindness helps to build trust.

## 9. Do not Hide Your Feelings

Being open about your emotions is often an effective way to build trust. Furthermore, if people know that you care, they are more likely to trust you.

Emotional intelligence plays a role in building trust. Acknowledging your feelings, learning the lessons that prevail, and taking productive action means that you will not deny reality—this is the key to building trust.

## 10. Do not Always Self-Promote

Acknowledgment and appreciation play an important role in building trust and maintaining good relationships. Recognizing and appreciating the efforts of others shows your talent for **leadership** and teamwork and increases the trust others have in you.

On the other hand, if people do not demonstrate appreciation for a good deed, they appear selfish. Selfishness destroys trust.

## 11. Always Do What You Believe to Be right

Doing something purely for approval means sacrificing your own values and beliefs. This decreases trust in yourself, your values, and your beliefs. Always doing what you believe is right, even when others disagree, will lead others to respect your honesty.

Interestingly, when building trust, you must be willing to upset others on occasion. People tend not to trust those who simply say whatever they think others want to hear.

## 12. Admit Your Mistakes

When you attempt to hide your mistakes, people know that you are being dishonest. By being open, you show your vulnerable side, and this helps build trust with other people.

This is because they perceive you to be more like them—everyone makes mistakes. If you pretend that you never make mistakes, you will make it difficult for others to trust you because you have created an unnecessary difference between the two of you. When all that a person sees is the “perfection” you project, they likely will not trust you.