

## Pattern of Trust Assessment Activity

Building trust requires a pattern of behavior. Your responses to the following questions will help you determine whether you're taking steps to build that pattern of behavior.

### PART 1: ARE YOU TAKING STEPS TO BUILD TRUST?

Reflect on how often you take the following actions.

Question	Rarely	Sometimes	Usually
Do you delegate work to subordinates?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you met the goals that you and your superiors have set for yourself and your team in the past?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you ask for and seek out input from peers, subordinates, and senior leaders?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
When you are absent from the unit, do things still get done?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you acknowledge your own mistakes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you follow through on the actions or ideas that you suggest?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you seek out information about your subordinates' personal goals and basic details about their lives and act on that information?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### PART 2: DO OTHERS RECOGNIZE YOU AS TRUSTWORTHY?

Reflect on how often the following actions occur.

Question	Rarely	Sometimes	Usually
Do subordinates and peers come to you with their personal issues?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do leaders assign you work that they need completed quickly and thoroughly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do subordinates or peers ask you to resolve conflict?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do subordinates willingly go above and beyond the work you assign?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do subordinates and peers seek out opportunities to work with you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do peers, subordinates, and superiors encourage you to seek their input when you need it?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do senior leaders seek or rely on your input?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>