

The truth about trust



Contemporary Issues 26 March, 2011 The Truth About Trust Trust is a very hard thing to come by.

In any kind of relationship, whether romantic or non-romantic, it is almost always difficult for a person to let their guard down in order to fully trust someone. Fully immersing yourself in a relationship with someone takes a lot of hard work and time. You must put in a great amount of effort to any kind of relationship in order for it to work.

With all the hard work and effort put in, you must also put some faith and trust into that person. Trust is something that is difficult to develop, but once it does it can turn out to be a beautiful thing. Trust comes in varying degrees, from having no trust in a person at all, to moderately trusting, to complete trust. However, if you were to survey a random group of people, they would probably say that they have been betrayed by someone who was once very close to them. People who have been betrayed by someone will almost always carry that hurt on to other relationships and it will affect your ability to trust for fear of getting hurt again.

Of the three degrees of trust, having little to no trust in a person is most likely the most popular form of trust. In this day in age, a majority of teens and young adults find it very difficult to trust the people in their lives. This could be the outcome of a combination of maturing hormones and society that leads teens to feel that the world is against them. Many teens may have trouble keeping stable friendships with people or sustaining a romantic relationship for a certain period of time. Young adults and teens can be very

vicious when it comes to peoples??™ relationships with others, and jealousy can also be a big part of the mistrust that teens hold.

As a young adult matures and grows as a person, they may find it easier to trust people. When someone is secure with themselves, and they are able to trust their own self, then they will be able to trust others with ease. Putting your complete trust into a person can seem almost impossible, however it is not. If there is ever a relationship in your life where you can completely and utterly trust every aspect of them, then you have a beautiful relationship that needs to be cherished and admired.

There are always instances where someone who is very close to you hurts you, but if it is an otherwise healthy and fulfilling relationship, then the trust between the two people should be reconciled fairly quickly. There are different relationships that require trust, including both friendships and romantic relationships. First of all, friendships, in most cases, are easier to deal with because they are usually between the same gender.

However, it can still be hard to find yourself able to trust that person. There are always instances where you probably question if they are telling the truth about something. In romantic relationships, it is inevitable that there will be a lack of trust, at least in the beginning.

Romantic relationships can seem so easy and carefree, but they require a lot of time and effort. When you are in a relationship you are expected to do things, as well as you expect things of your partner. Sometimes people??™s relationships to fall apart and one person does something to betray an

otherwise trustworthy relationship. In those cases, the couple will usually split or stay together and try to deal with it.

Everyone has questioned themselves before, am I too trusting Do I not trust enough These questions can bring up feelings of unhappiness and anxiety. However, it is a good idea to evaluate your method of trusting if you are not sure, because the way you trust may affect your relationships with people. On the one hand, being too trusting will usually only end up in heartache because people will take advantage of the fact that you trust them no matter what. However not trusting a person enough can make them feel that they are inadequate. ??? It is an equal failing to trust everybody, and to trust nobody.??? (English Proverb) Although it can be very hard to trust people, if you find a few people in your life that can trust completely, then your life is definitely worth living. ??? Trust is the glue of life. Its the most essential ingredient in effective communication.

Its the foundational principle that holds all relationships.??? (Stephen R. Covey). Having a few loved ones that you can put your faith in at all times and not have to worry about being betrayed or backstabbed by them is healthy and you should always cherish the trusting relationships you have.