**Evaluating Your Trustworthiness: BRAVING**

(adapted from Brown, 2017, pp. 199-200)

**Boundaries:** You respect my boundaries and I’ll respect yours. When boundaries are unclear about what’s okay and not okay, you ask.

**Reliability:** You do what you’ll say you’ll do. You stay aware of your competencies and energy and what you can and cannot control, and don’t overpromise what you cannot deliver. You do deliver on commitments you’ve made and balance competing priorities.

**Accountability:** You own your mistakes, apologize, and make amends.

**Vault:** You don’t share information or experiences that are not yours to share. Includes sharing you information inappropriately with others or sharing others’ information without permission.

**Integrity:** You choose courage over comfort. You choose what is right over what is fun, fast, or easy. And you choose to practice your values rather than simply professing them.

**Nonjudgment:** We talk about how we feel without judgment. We can all express what we need.

**Generosity:** You extend the most generous interpretation possible to the intentions, words, and actions of others.