10 HABITS OF TRUST INVENTORY

1. I thank or praise my beloved regularly.  
   1 2 3 4 5

2. I am open to the thoughts or ideas of my beloved, even when they are not in agreement with my own.

3. I easily share my own thoughts or feelings with my beloved.

4. When I am in conflict with my beloved, I handle it in a constructive way.

5. I am generous to my beloved.

6. I respect my beloved — body and soul.

7. I find different ways to serve my beloved and to offer to do things without being asked.

8. I discuss things with my beloved before making an important decision.

9. I keep my promises to my beloved.

10. I forgive my beloved when asked for forgiveness.

11. I am often critical of others.

12. I am more interested in talking than in listening.

13. I am reluctant to share my thoughts and feelings with others.


15. I sometimes give up easily or don’t give my best.

16. I am often distracted from doing what needs to be done.

17. I am sometimes unfriendly towards others.

18. I make quick decisions, even on important issues.

19. I don’t always follow through with my commitments.

20. I hold grudges against others.

21. I thank or praise others regularly.

22. I am open to the thoughts or ideas of others, even when they are not in agreement with my own.

23. I honestly tell people what I think, even when it is uncomfortable.

24. I deal with disagreeable people or situations in a constructive way.

25. I go outside my comfort zone to take on new challenges.

26. I stay focused on what is important.

27. I am thoughtful and considerate of others.
(SA strongly agree, SD strongly disagree, A agree, D disagree, N neutral)  1  2  3  4  5

28. I always get advice and think things over carefully before making an important decision.  SD  D  N  A  SA
29. I make it a point to follow through on my promises.  SD  D  N  A  SA
30. I easily forgive those who sincerely ask for forgiveness.  SD  D  N  A  SA
31. I think my beloved is below me.  SA  A  N  D  SD
32. I often put down the thoughts of my beloved when we disagree.  SA  A  N  D  SD
33. I sometimes do not tell my beloved the whole truth or hide my feelings.  SA  A  N  D  SD
34. I often blow up and even verbally abuse my beloved.  SA  A  N  D  SD
35. I am reluctant to change or grow in our relationship — I am whom I am.  SA  A  N  D  SD
36. I am sometimes domineering or manipulative with my beloved.  SA  A  N  D  SD
37. I think serving my beloved would be demeaning.  SA  A  N  D  SD
38. I don’t feel that I need to consult my beloved before making an important decision.  SA  A  N  D  SD
39. I do what I feel like doing regardless of the consequences on others, including my beloved.  SA  A  N  D  SD
40. I feel threatened by my beloved’s successes.  SA  A  N  D  SD
41. Everything good about me comes from God.  SD  D  N  A  SA
42. I put the will of God before my own plans or desires.  SD  D  N  A  SA
43. I have a daily time for prayer.  SD  D  N  A  SA
44. In times of uncertainty, I place my trust in God.  SD  D  N  A  SA
45. I am willing to do whatever God asks of me, no matter how difficult.  SD  D  N  A  SA
46. Getting to Heaven is my most important goal and shapes my other goals.  SD  D  N  A  SA
47. I believe that serving my beloved is a primary way of showing my love for God.  SD  D  N  A  SA
48. I always consult God in prayer before making an important decision.  SD  D  N  A  SA
49. I am willing to sacrifice my preferences for the good of others, especially my beloved.  SD  D  N  A  SA
50. I am moved and want to help those who are suffering — even those who have been unkind to me.  SD  D  N  A  SA

Score:  Circles from Column 1: ____ x 1 = ____  Circles from Column 4: ____ x 4 = ____
      Circles from Column 2: ____ x 2 = ____  Circles from Column 5: ____ x 5 = ____
      Circles from Column 3: ____ x 3 = ____  Total: ____ (175-224 strong, 225+ very strong)
<table>
<thead>
<tr>
<th>Humility</th>
<th>Receptivity</th>
<th>Transparency</th>
<th>Patience</th>
<th>Magnanimity</th>
<th>Purity</th>
<th>Kindness</th>
<th>Prudence</th>
<th>Fidelity</th>
<th>Mercy</th>
</tr>
</thead>
<tbody>
<tr>
<td>is the quality of acknowledging that God alone is the source of all that is good. A humble person is quick to praise God and others; is thankful; is quick to ask forgiveness or for help. Add column values for questions 1, 11, 21, 31, &amp; 41: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of allowing others to share who they are and what they truly think. A receptive person is a good listener, is open to the input of others and wants to be guided by God. Add column values for questions 2, 12, 22, 32, &amp; 42: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of allowing others to know who you are and what you truly think. A transparent person is honest and does not lie or hide things that should be shared with others. Add column values for questions 3, 13, 23, 33, &amp; 43: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of suffering or enduring difficulties while maintaining a calm and cheerful disposition. A patient person keeps his or her focus on achieving the greatest good of eternal life. Add column values for questions 4, 14, 24, 34, &amp; 44: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of being willing to do great things with God’s grace. A magnanimous person does the right thing no matter the cost and puts his or her trust completely in God. Add column values for questions 5, 15, 25, 35, &amp; 45: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of being single-hearted and not allowing other goods or distractions to come before God or my spouse. A pure person keeps his or her desires in check, especially sexual desires. Add column values for questions 6, 16, 26, 36, &amp; 46: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of being thoughtful and putting the good of others before my own convenience. A kind person responds to others with respect, genuine interest and tenderness. Add column values for questions 7, 17, 27, 37, &amp; 47: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of knowing what to seek or to avoid. In making an important decision, a prudent person gets all the facts, consults others, and makes a judgment that is right and good. Add column values for questions 8, 18, 28, 38, &amp; 48: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of being true to one’s commitments. A faithful person can be counted on to keep his or her word. Add column values for questions 9, 19, 29, 39, &amp; 49: ___ + ___ + ___ + ___ + ___ = ____.</td>
<td>is the quality of being compassionate to someone who is suffering due to some good that is lacking. Mercy means being moved by the suffering of others and doing something concrete to help. Add column values for questions 10, 20, 30, 40, &amp; 50: ___ + ___ + ___ + ___ + ___ = ____.</td>
</tr>
</tbody>
</table>

Totals of 23-25 **very strong**, 17-22 **strong**, 11-16 **weak**, 5-10 **very weak**