

## Trustworthy Traits

- Loyal
- Able to admit when wrong
- Owns their own stuff; responsible
- Tells the truth, even at personal cost
- Others-focused
- Open-minded
- Good listener
- Habitually compassionate
- Shows integrity; leads by example
- Kind
- Honest, genuine, transparent
- Refuses to manipulate
- Doesn't gossip
- Giver, generous without strings attached
- Respectful of others

## Untrustworthy Traits

- Disloyal
- Unable to admit when wrong
- Blames; cannot own their stuff, irresponsible
- Hides the truth, lies
- Self-focused and self-pitying
- Closed-minded
- Doesn't listen well
- Lacks compassion
- Lacks integrity, both verbally and physically
- Kind in order to get something; otherwise generally unkind
- Dishonest, ingenuous, sly, sneaky
- Manipulative
- Gossips
- Taker
- Bossy

Trustworthy Traits	Untrustworthy Traits
<ul style="list-style-type: none"> <li>• Focused on solutions</li> <li>• Doesn't whine</li> <li>• Nonjudgmental</li> <li>• Has lots of good, long-term friendships</li> <li>• Fair-minded, transparent</li> <li>• Isn't afraid to be vulnerable</li> <li>• Avoids being late</li> <li>• Puts forth clear, solid effort</li> <li>• Doesn't seek glory</li> <li>• Takes self lightly</li> <li>• Uses anger appropriately</li> <li>• Displays an open, guileless face</li> <li>• Empathetic</li> <li>• Protective of others' dignity and person</li>   <li>• Encourages</li> <li>• Gracious, without agenda</li>   <li>• Has no hidden agenda</li> <li>• Allowing for others' choice</li> <li>• Reliable</li> <li>• Preserves the dignity of another person</li> <li>• Speaks appropriately, isn't the loudest person in the conversation</li> <li>• Willing to admit when wrong</li>   <li>• Displays integrity of speech</li> <li>• Has their stuff together</li> <li>• Makes sure people are aware</li>   <li>• Doesn't play games</li> <li>• Is frank without being harsh, tactful, gracious</li> <li>• Speaks with clarity</li> <li>• Engages others</li> </ul>	<ul style="list-style-type: none"> <li>• Focused on problems</li> <li>• Whines</li> <li>• Judgmental</li> <li>• Lacks good, long-term friendships</li> <li>• Cheater</li> <li>• Never shows vulnerability</li> <li>• Careless of others' time</li> <li>• Puts forth minimal effort</li> <li>• Seeks glory</li> <li>• Cannot laugh at oneself</li> <li>• Gives full vent to anger</li> <li>• Displays a closed demeanor</li> <li>• Lacks empathy</li> <li>• Does not care about protecting others' dignity and person</li> <li>• Discourages</li> <li>• Ungracious—unless they want something or are covering up</li> <li>• Has a hidden agenda</li> <li>• Controlling</li> <li>• Unreliable</li> <li>• Makes fun at others' expense</li> <li>• Talks too much, too loudly</li>   <li>• Unwilling to admit when wrong</li> <li>• Duplicitous</li> <li>• Slick</li> <li>• Enjoys surprising people and putting them on the spot</li> <li>• Player</li> <li>• Harsh, tactless, graceless</li>   <li>• Speaks vaguely</li> <li>• Engages others to get their way</li> </ul>