TRUST is a Big Word by Roger Lopez

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Belief is â€œan acceptance that a statement is true or that something exists. Something one accepts as true or real; a firmly held opinion or conviction.â€• Trust: Something Earned, Not Given. Trust Is Acquired Through Sweat And Blood. Trust Is Gained Through Many Hours Spent.â€• â€œLove all, trust a fewâ€• by William Shakespeare.

Relationships require a massive amount of work, it is a fulltime job. When meeting that someone for the first time, from your first moment of meeting, everything you learn thereon is part of building your relationship. Itâ€™s about give and take, compromise, boundaries, likes, dislikes, acceptance, sharing, earning trust and sharing. You share your past experiences and discuss your current interests and slowly begin to discover common ground.

As you begin to know this person you begin to form your own opinion of them and decide whether they are or are not someone you would like in your life. If the choice is that yes this is someone I do want in your life, they begin to earn your trust. Whereas if they say contradicting comments and the truth is cloudy more than once, this leaves you distrusting them.

Somebody that had his or her heart broken through deceit may be less willing to let anyone close to him or her, enough to trust. So the process takes longer but itâ€™s the same process. Trust is the safe feeling, when the person you with knows everything about you and still loves you. They share your dreams of wanting to be a famous Bass player Needed by the best band, to knowing that extra bit of weight you picked up from your pregnancy is going to fall off soon.

They allow you the freedom to pursue your dream job and support you in living the dream. They trust that if you go out with the guys for the night that you are not going to land up going home with someone else. That person you share your life with puts his or her trust in your hands that you are true, true to them and true to you.

If any of these truths are found to be lies. The trust falls away and fast, mostly leaving the relationship to deteriorate and end. It takes a very special person to give unfaithfulness and work through it. Most people prefer to walk away and start a new life without that pain sitting in their heart.

Although business relationships are not emotional relationships, trust is also imperative in building enterprises. It starts with the mailman relied on to complete his daily task of ensuring the post is delivered to each person by a certain time. Then he is to collect the outgoing post and ensure it is posted out by the deadline given. Trust is the belief in knowing a person has a certain skill and then depending on them to complete this without you having to chase them. When it is completed everything runs like clockwork, however when it does not happen the way it is supposed to it them affects the whole team and then also affects the company financially as well.

Itâ€™s quite simple, if you cannot deliver what you promised you could, simply own up to this so that a back-up plan can be implemented. Rather than break someoneâ€™s trust and hide in a bed of lies, just own up to the truth. Trust is precious and once broken (most times) cannot be rebuilt. Let trust, belief and truth come from you heart and you wonâ€™t go wrong.

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