

# Building Trustworthiness

“Trustworthiness is as a stronghold to the city of humanity, and as eyes to the human temple.” —Bahá’u’lláh

**T**rustworthiness is like a tree house: it needs a sturdy foundation and takes time to build. But once it’s built, you and your friends can feel safe in it.

Like a tree’s strong limbs, honesty and integrity are the base on which trustworthiness is built. When you’re trustworthy, people can count on you to tell the truth

and have integrity. Your actions support your words. When you say you’ll do something, like help a friend or a sibling, you follow through.

It’s a big deal to be deserving of people’s trust and respect. Just as a solid trunk makes a secure tree house, trustworthiness is the base for lifelong friendships.

**How trustworthy are you? Circle your answers, then add up your points.**



**1** If I forget to do something I said I’d do, I admit my mistake and try to fix it.

Often=3 • Sometimes=2 • Rarely=1

**2** I do homework and take tests without cheating or helping my friends cheat.

Often=3 • Sometimes=2 • Rarely=1

**3** If someone tells me something personal, I keep it private as long as no one is in danger.

Often=3 • Sometimes=2 • Rarely=1

**4** I do what I know is right, even if others break the rules.

Often=3 • Sometimes=2 • Rarely=1

**5** If someone asks for my opinion, I give it truthfully and kindly.

Often=3 • Sometimes=2 • Rarely=1

**6** If I make a promise to someone, I do everything I can to keep it.

Often=3 • Sometimes=2 • Rarely=1

**7** I act like my true self and don’t try to change my looks or personality just to fit in with others.

Often=3 • Sometimes=2 • Rarely=1

**8** If I accidentally hurt someone’s feelings, I apologize.

Often=3 • Sometimes=2 • Rarely=1

**9** When someone wants to gossip with me, I ask them to stop or I change the subject.

Often=3 • Sometimes=2 • Rarely=1

**10** If I borrow something from a friend, I return it in good condition.

Often=3 • Sometimes=2 • Rarely=1

**11** In games or sports, I play by the rules.

Often=3 • Sometimes=2 • Rarely=1

**12** If I find an item that someone lost, I turn it in so they can get it back.

Often=3 • Sometimes=2 • Rarely=1



## My Score

**36–28 points:** Your trustworthiness tree house is ready for company! People can count on you to follow through.

**27–20 points:** You’ve got a good foundation—keep going. Try a tip from the quiz to strengthen your structure.

**19–12 points:** It takes effort to build trustworthiness. Try some tips from the quiz to help.