



*If I told you,
What would you do?*

*Would you
show me that I can
trust you?*



Would you show me that I can **trust** you?

I need to be and feel believed.

I need to know that you will not respond with disbelief.

I need you to try to understand. It is hard, but just to try is enough.

I need to be confident that you will not minimise my experience.

I need to be certain you will not offer excuses for the person who hurt me.

I need you to be alive to the power imbalance in my experience.

I need to be sure you will not make me feel responsible for what happened.

I need you not to make me feel blamed or shamed, intentionally or unintentionally.
I am already likely to be holding shame that is not mine to hold.

I need you to protect my dignity, and I need to trust that you will.

I need you to respect my confidentiality.

I need to be able to trust you.

I need you to understand how hard it is for me to trust anyone, even you.

*The one who enters by the gate is the
shepherd of the sheep – The sheep follow
him because **they know his voice***

