

Who and what do you trust?

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After experiencing some recent setbacks and disappointments at work, I found myself reverting to the old adage that no one can be trusted and that sometimes it is just better to get things done yourself. However, a friend reminded me that it is unfair to judge everyone equally, seeing as only a few out of hundreds of people drove me to negative thoughts. The rest can be trusted and giving them the benefit of the doubt strengthens trust.

The trust issue

Perhaps you haven't noticed, but trust is a major source of anxiety for most of humankind. So much so, that numerous pop songs explore the theme of trust. Google-search 'pop songs about trust' and over four million results are shown. But what exactly is trust and why is it so fragile?

Trust is defined by Pharos dictionary as: **trust verb** – *trusting, trusted* – (1) to have confidence or faith; to believe: *You can trust Rafiek – he is an honest boy. "Can you trust Zindi to keep a secret?"* (2) to give something to someone, believing that it will be used well and responsibly: *I can't trust Ben with my car; he's too irresponsible.* (3) to hope or be confident (that): *"I trust you will have a good journey."*

trust noun – (1) belief or confidence in the power, reality, truth, goodness etc. of a person or thing: *Rafiek is an honest boy – I have a lot of trust in him.* (2) charge or care; responsibility: *The child was placed in my trust. Malcolm is respected at work and holds a position of trust.* (3) arrangement(s) by which something (e.g. money) is given to a person to use in a particular way, or to keep until a particular time: *The money was held in a trust for Tarryn's children.* (4) an organisation that manages the assets of

an individual or group on their behalf: *The museum set up a trust to manage its funds from donations and sponsorships.*

The words clearly most associated with trust are belief, confidence, and hope. Essentially, you need to have confidence or believe or hope that a person will deliver on your expectations, which will then build trust on your side. Of course, this goes both ways and that is certainly something to think about.

It's a trustfall, baby!

Either way, trust is earned and learned, and for now I will focus on those I know I can trust and let go of those who I do not trust (or who do not trust me). So, I made a short 'trust list' and I have given myself the task of also earning their trust (as and where applicable):

- My staff – they pitch for work, do their best, and often do more than is asked. I trust you.
- Agricultural producers – no matter what, they overcome the odds and keep producing food. I trust you.
- My pets – no matter what, they are always happy to see me. I trust you.
- My gut – we ignore this too often. If something is off, trust your gut feeling. There is a scientifically proven connection between what your brain registers and the message it sends to your stomach. I trust you.
- My family – the love is real, unconditional, and absolute. I trust you.
- Potatoes – when everything else is too expensive, out of stock, processed, or unhealthy – a single potato can fill the void and get your energy levels up. In the spud, I will trust.

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