



# Tell Me

A simple guide to repair  
or restore trust



## Tell Me...

Here is a simple, short exercise to restore trust with a colleague, a friend or a partner. Here are a few rules to follow:

- Ask the questions as written
- When your colleague responds to a question, say, “thank you” and move on to the next question
- You may only ask additional questions if you have not understood the response
- When all the questions have been answered switch roles

Take your time to consider the questions and the answers. Be as truthful as you can.

## **Tell Me...**

...something you like about me.

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...something you think we agree on.

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...something about yourself you think I should know.

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...a goal you have in life.

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...a goal you have for our relationship.

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...something you've done to me that you think you should not have done.

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...something you failed to do for me that you think you should have done.

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...a niggle you have had with me over the last two months.

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...a niggle you think I might have had with you over the last two months.

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...about a contribution that I make that you value.

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...how you think I don't contribute.

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...a way I could help you.

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...a way you could help me.

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...a problem you are having in life.

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...what I need to know in order to understand the problem.

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...an outstanding ability of yours.

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