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.

...something you think we agree on.

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

...a goal you have in life.

...a goal you have for our relationship.

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

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

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

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

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

...how you think I don’t contribute.

...a way I could help you.

...a way you could help me.

...a problem you are having in life.

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

...an outstanding ability of yours.