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| Worksheet |  | Applying the MAP of Trust |

Welcome to the **Applying the MAP of Trust** worksheet. This worksheet will help you to analyze a troubling situation in your life and allow you to move past the situation will skill and grace.

| **Describe the Transgression** |
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| {Delete this text and replace with your own description of what happened. Describe the person(s) involved and describe what they did. Also, describe what you would have preferred they do. If possible, describe why you think they did what they did.} |

| **How are you holding this?** |
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| {Delete this text and replace with your own description. How are you dealing with this situation? Are you holding a grudge? If so, how is this affecting your interactinos with the other person? How is this affecting you overall? Are you feeling stress and anxiety about the situation? Does it make you angry, sad, etc?} |

| **MAP Analysis** | | |
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| **Morality** | **Ability** | **Predictability** |
| {Delete and Replace. As you think about what the other person did, how might it be explained by a failure of the other person’s character?} | {Delete and Replace. As you think about what the other person did, how might it be explained by the person’s lack of knowledge, skills, or capabilities?} | {Delete and Replace. As you think about what the other person did, how might it be explained by the person’s general unpredictability or unreliability?} |

| **Trust Adjustment** |
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| {Delete this text and replace with your own description. Given the various explanations in the MAP analysis, how do you need to adjust your Trust equation with this other person so that you can relate to this person effectively going forward? What situations must you be careful to avoid? How might you manage the specific circumstances to make sure a similar confluence of variables doesn’t happen again? Are there ways that you can ensure the person isn’t put in a place where their ability is not pushed to it’s limits? Is there a way you can position yourself so that you are not reliant on the other person as much?} |