

Elements of Trust: BRAVING Inventory/Definitions

The BRAVING Inventory is a tool developed by Dr. Brené Brown (Dare to Lead, Penguin Random House) to break down specific elements of trust. We can use this tool in our internal and external communications to guide our efforts to build and repair trust, as well as to pinpoint breakdowns in trust.

Boundaries: You respect boundaries, and when you're unclear about what's OK & what

isn't, you ask. You're willing to say no.

Reliability: You do what you say you'll do. You're aware of your competencies & limitations so you don't overpromise & are able to deliver on commitments & balance competing priorities.

Accountability: You own your mistakes, apologize, and make amends.

Vault: You don't share info or experiences that aren't yours to share. You keep things confidential that should be kept in confidence.

Integrity: You choose courage over comfort. You *practice* your values rather than simply *professing* them.

Nonjudgment: We can talk about how we feel without judgment. We can ask each other for help without judgment.

Generosity: You extend the most generous interpretation possible to the intentions, words, and actions of others.