

## SPARK 018

(Matrix Code: **SPARK018.00** for [StartOver.xyz](http://StartOver.xyz) game.)

**DISTINCTION:** Trust is a decision.

**NOTES:** Trust is not a feeling; trust is a decision. With regards to trusting yourself and trusting others, you can stop waiting around for some mythical sense of trust to arise within you. It won't happen. You will only trust when you choose to trust.

So often you disallow possibilities that you could create with certain people because you have had some experience around them and do not wish to repeat that experience. As a result, you create the story about that person that **THEY ARE UNTRUSTWORTHY**, and you dedicate yourself to finding evidence to support that story. You decide **I DO NOT TRUST OTHERS**.

Alternatively you may be disallowing possibilities that you could enter because you have had some experience of yourself that you do not wish to repeat. As a result, you create the story **I AM UNTRUSTWORTHY**, and you dedicate yourself to finding evidence to support that story. You decide **I DO NOT TRUST MYSELF**.

In either case, the distinction that trust is a decision offers you a doorway into new territory. If you are using **Is Glue** to invent the story that someone else is untrustworthy, then you have erected boundaries or walls to protect yourself from them. If you use **Is Glue** to invent the story that you yourself are untrustworthy, then you have erected boundaries or rules to try to protect yourself from yourself.

Using the distinction that trust is a decision puts the power back in your hands. Without being naïve, you can take responsibility and make a new decision. If the old decision was, **I DO NOT TRUST YOU**, the new decision is, **I TRUST MYSELF TO TAKE CARE OF MYSELF AROUND OTHERS**. If the old decision was, **I DO NOT TRUST MYSELF**, the new decision is, **I TRUST MYSELF TO TAKE CARE OF MYSELF AROUND ME**.

### EXPERIMENTS:

**SPARK018.01** This experiment with trust has four parts.

**STEP ONE:** Choose someone that you mistrust. This could be a colleague, a member of your project team, your boss, your parents, your children, or even a group of people such as the police, people from another political party, or people who have a different religion from you.

**STEP TWO:** Notice how the mistrust story infiltrates and contaminates your ability to perceive reality directly. The mistrust story forces you to seek evidence that provides reasons to mistrust those people, and, at the same time, forces you to ignore abundant contrary evidence. The wish to cease attenuating your own perceptions is enough motivation to expand your **Box** about trust. Change your mind so you stop strangling your perceptions.

STEP THREE: Make the new decision: I TRUST MYSELF TO TAKE CARE OF MYSELF AROUND YOU, or I TRUST MYSELF TO TAKE CARE OF MYSELF AROUND THEM. Then act on your new decision. Trust your decision AND take care of yourself around them. This may mean speaking out more to share your opinions rather than silently disagreeing and judging. It may mean that you make a long-overdue boundary with someone so they start something or stop something around you. Or it may mean finding someone of that previously “untrustable” group of people and inviting them over for dinner to find out who they really are. In both instances remember that what is going to change is your story about them, not them. After making your new decision and trying some experiments, consider this question: Are you a victim of your old story anymore? Have you regained some of your power by reclaiming your ability to trust?

STEP FOUR: You do not actually have to tell the person your new decision. All that you need to do is *remember your decision* when you are thinking about that person or interacting with them. Notice any associated changes that occur as a result of your new decision. Suggestions: Pay attention that you do not put your sword of clarity away. (Ever!) You need your sword of clarity to take care of yourself. Be grateful that this person is present in your life as a catalyst for your alertness and as a true partner in you developing your swordwork skills.

PS. If you are doing the experiment of trusting your child who was previously well established in your mind as “untrustworthy,” the fact that you choose to trust yourself to take care of yourself around them does not automatically mean that your trust will never be betrayed again. The suggestion is this. If you are betrayed by this child whom you decided to trust then do not keep it a secret. Simply tell your child, “Look, I trusted you to keep your word, I trusted you to keep your promise to me and do what you said you would do and you did not.” At this point wait and listen to their response, as the “betrayal” may have been simply a miscommunication on your part! You may have developed an over-sensitivity that “looks for” being betrayed to support your old victim stories. If so, apologize specifically for that. If not, say, “You are a trustworthy person. This is who you are for me. I do not know what really happened, but you are trustworthy.” Again, this does not assure that you will not be betrayed. But being a little betrayed now and then is a small price to pay for the joy and privilege of having a trustworthy child.