CHECKLIST

Rebuilding Trust: Your Weekly Checklist

- [ ] Keep every promise you make this week, no matter how small
- [ ] Share access to your bank account or spending records with your family
- [ ] Attend at least one support meeting or counselling session
- [ ] Arrange and follow through on one shared outdoor activity
- [ ] Listen without defending yourself when your family talks about how they have been affected
- [ ] Admit immediately if you make a mistake or have a lapse
- [ ] Ask your family what would help them feel safer rather than assuming you know
- [ ] Spend time outdoors on your own to regulate your emotions