



# Pause With Purpose

...to refresh

...to grow

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and  
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## Trust

As the story goes, the child was at an upper floor window of her burning home. Her father was below the window calling for her to jump, saying that he would catch her. She jumped because she trusted him. He caught her because he loved her. The house burned down; she lived.

It's a fairly simple story, but its message is quite profound - sometimes, if we really want to live, we need to trust!

As simple as that sounds, it's not easy for many of us to actually live it out. After all, what does "trust" mean? What does it take to "trust"? And how does trusting other people impact the kind of life we live or relationships we experience?

To explore these questions, let's consider a few of trust's attributes.

1. At its core, trust is the act of confidently allowing our self to be subject and vulnerable to the decisions and behavior of another person. It implies a willing surrender of control accompanied by heart-felt security based confidently on the character qualities of the trusted one.

2. To develop trust in a person, we must gain knowledge of that person's

character. We must know (not assume) that the person is safe enough and strong enough to handle our vulnerability with consistent respect and wisdom, keeping our best interests at heart.

3. Trust is a choice, not a requirement. It's an opportunity, not an obligation. It is a very personal decision with very personal consequences.

4. Trust involves risk, often for things as precious as our heart and our peace of mind. That's why it's so important to know the character and quality of the person to be trusted.

5. Trust between humans is not an "all or nothing" proposition. It is area-specific and exists at varying degrees of completeness. We may have a high degree of trust in the honesty of a person, but very little trust in their ability to resist chocolate.

6. The choice to trust needs to be based on the presence of positive reasons to trust, rather than on the absence of reasons to not trust. Simply saying there is no reason to not trust is risky, since it relies solely on the hope that a hurtful reason won't show up.

In contrast, when trust between

people is grounded on the reliable presence of loving strength, respect, sensitivity and commitment, it can produce remarkable results.

First, it enhances the closeness and intimacy of a relationship, since both partners are honored in giving and receiving trust.

Second, trust, and the security that surrounds it, empowers us to let go of our fear, worry, anxiety, shame, guilt, and other self-defeating emotions that hold us back both personally and relationally.

Third, trusting others sets the stage for us to be real, honest and open. It removes barriers that divide and encourages community.

In some cases, withholding trust is both wise and prudent, especially if the other person is unknown or indeed untrustworthy. At other times, the inability to trust is an indicator of a condition within us that needs to be addressed so we might once again feel strong and confident enough to trust. Otherwise, we remain a captive locked in the confining cage of our fears.

So, let's be wise and observant, courageous and confident as we offer our gift of trust. Our lives will be richer for it.



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## CONTACT INFORMATION

Your thoughts and comments are warmly welcomed. I would also be happy to share with you more about life coaching and how it can assist you to be your best, personally and relationally, at home and at work.

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## Spirituality and Trust

Among the world's religions, Christianity stands alone as a faith system based on the love of the Creator God for us, His creatures. What makes this love so unique is that it is not earned, but rather freely given by God as He reveals His character and will. He chooses to share His love nature with us, and through the power of His Spirit within us, we seek to respond in kind.



While at times Christianity gets distracted by performance expectations, fears of judgement, and other such issues, its true heart and soul find life in this incredible love relationship between the eternal God and His people.

When we not only understand this radical love of God, but also experience at a heart level how it personally applies to us, we realize how totally trustworthy our God is. Rather than being a God to fear and appease, our God must act out of His love for us in order to be true to His own character. With this truth in mind, we can fully trust ...

1. ... that God values each one of us and is intimately aware of us.
2. ... that God desires an active love relationship with us.
3. ... that God, in His wisdom, will give us exactly what we need at any given moment.
4. ... that God always has our best interests at heart.

"Trust in the Lord with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will direct your paths."  
- Proverbs 3:5-6

That's truth we can really trust!