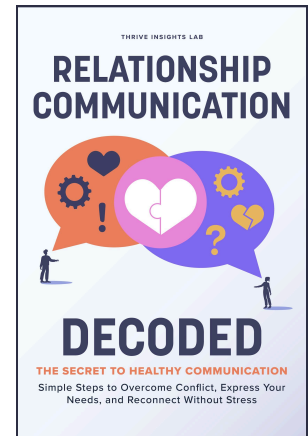


OPENNESS & TRUST CULTURE SNAPSHOT

Adapted from Chapter 10 of Relationship Communication Decoded

Your relationship thrives on a foundation of **openness and trust**, elements that are shaped by the unique culture you and your partner cultivate together. This self-assessment is designed to help you explore and understand that culture, shedding light on how...

- Comfortable you are with emotional honesty
- Safe it feels to speak your truth
- Consistently you follow through or share what matters
- Past breaches may still affect the present



By identifying your current patterns, you can strengthen what's already working and address areas where connection and trust might be strained, paving the way for deeper intimacy.

Important Note: This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.

INSTRUCTIONS

Rate each statement on how much it feels true in your current relationship using a **1 (strongly disagree) to 5 (strongly agree)** scale. There are no right or wrong answers, just your honest reflection.

ITEMS

- | | |
|---|---------------------|
| 1. I feel safe being honest, even about difficult emotions. | [1] [2] [3] [4] [5] |
| 2. In our relationship, emotional honesty is the default. | [1] [2] [3] [4] [5] |
| 3. I openly share my feelings before they build up. | [1] [2] [3] [4] [5] |
| 4. We both protect each other's trust, not just our own. | [1] [2] [3] [4] [5] |
| 5. I notice when small things are quietly eroding trust. | [1] [2] [3] [4] [5] |
| 6. I consider how my honesty is perceived by my partner. | [1] [2] [3] [4] [5] |
| 7. I'm able to express how I really feel in my relationship. | [1] [2] [3] [4] [5] |
| 8. We don't shy away from talking about what's really going on. | [1] [2] [3] [4] [5] |
| 9. I name emotions instead of shutting down. | [1] [2] [3] [4] [5] |
| 10. When something breaks trust, we talk about it openly. | [1] [2] [3] [4] [5] |
| 11. I try to catch patterns that cause distance before they grow. | [1] [2] [3] [4] [5] |
| 12. I try to be emotionally transparent in ways my partner understands. | [1] [2] [3] [4] [5] |
| 13. Honesty comes naturally to me, even when it's uncomfortable. | [1] [2] [3] [4] [5] |

- | | |
|---|---------------------|
| 14. It's normal for us to talk openly about how we feel. | [1] [2] [3] [4] [5] |
| 15. I'm honest about what's bothering me, even if it's small. | [1] [2] [3] [4] [5] |
| 16. We take responsibility when we hurt each other. | [1] [2] [3] [4] [5] |
| 17. I'm aware of the small signals that trust is slipping. | [1] [2] [3] [4] [5] |
| 18. I'm aware of how I show up emotionally in our relationship. | [1] [2] [3] [4] [5] |

SCORING

Total the scores for each culture area indicator (scores range **3-15**):

- | | | |
|---|-----------|--------|
| • Personal Comfort with Emotional Honesty: | 1, 7, 13 | = ____ |
| • Relationship Openness Norms: | 2, 8, 14 | = ____ |
| • Transparency Behaviors: | 3, 9, 15 | = ____ |
| • Trust Safeguards: | 4, 10, 16 | = ____ |
| • Trust Drain Awareness: | 5, 11, 17 | = ____ |
| • Partner Perception Awareness: | 6, 12, 18 | = ____ |

INTERPRETATION GUIDE

Understanding Your Culture Area Indicators

- **Personal Comfort with Emotional Honesty:** *How emotionally safe and natural it feels to speak your truth, even when it's hard.*
- **Relationship Openness Norms:** *Whether emotional honesty is a shared expectation, or something that still feels risky.*
- **Transparency Behaviors:** *How often you name feelings, share your thoughts, and practice proactive honesty.*
- **Trust Safeguards:** *How actively you protect the integrity of trust, address breaches, and take responsibility for relational well-being.*
- **Trust Drain Awareness:** *Your awareness of early signals that honesty, safety, or connection may be slipping.*
- **Partner Perception Awareness:** *How much you tune into how your honesty is received, not just what you intend.*

For each culture area indicator:

- **Strong Presence (12–15):** This area is a strongly felt and consistent part of your relationship's culture, providing a solid foundation for trust and connection.
- **Noticeable Presence (9–11):** While present, this aspect of your relationship's culture has room to become more intentional and integrated for deeper trust and connection.
- **Emerging Area (3–8):** This area might play a less prominent role in your relationship's culture, suggesting an opportunity to cultivate more openness and trust.

REFLECTION

Take a moment to reflect on your results. Capture your thoughts in the space provided below.

Looking at your scores, which **Culture Indicator** (e.g., Personal Comfort, Transparency Behaviors, Trust Safeguards) surprised you the most, and why?

Identify one **Strength** from your results (a "Strong Foundation" area). How does this positively impact your relationship's openness and trust?

Identify one **Watchpoint** or "Growth Zone" area (a score of 3-11). What specific behaviors or patterns might be contributing to this score?

If you completed this with your partner in mind, what might they say about their experience of openness and trust in your relationship?

NEXT STEPS

You've assessed your relationship's culture of openness and trust, gaining a personalized snapshot of strengths and growth areas. To deepen your understanding and intentionally cultivate a more transparent connection, return to Chapter 10 of *Relationship Communication Decoded*. There, you'll find detailed insights into each Culture Indicator, plus practical strategies for navigating difficult conversations and building everyday habits of honest transparency. Use your scores as a roadmap to apply the chapter's guidance, transforming awareness into consistent shifts that strengthen your foundation of trust.