

# THE TRUST LIST

*Paranoia is a common characteristic of psychosis in many mental health disorders. This exercise is designed to reduce the feelings of paranoia by identifying loved ones that you can truly trust and why you trust them.*

*In the "NAME" column write names of your friends or family or acquaintances who you can say: "I truly trust them." This can be your immediate family, your mother or father; sisters or brothers, your children, your friends, your therapists or doctors or anyone that you trust.*

*In the "WHY" column write down the reasons this person has proved beyond a doubt their trustworthiness. When you're finished, you will have a list of people that no doubt loves you, cares for you, and you can trust are not out to get you. Thereby, helping to remove any paranoia.*

**Personal Note:** *I have found that sharing my list with the people I've listed has been beneficial in solidifying that trusted bond between us.*

NAME	WHY
Chato Stewart	He makes me laugh, and cares enough to make this list.