

Communication and Trust Building

Mine Field

A worksheet of a Communication & Relationship-Building Activity



1. How much did you trust your partner (out of 10) at the start?

2. How much did you trust your partner (out of 10) at the end?

3. What is the difference between going alone and being guided by another?

4. What ingredients are needed when trusting and working with someone else?

5. What did your partner do to help you feel safe and secure?

6. What could your partner have done to help make you feel more safe/secure?

7. What communication strategies worked best?

