



# How to Break Trust really fast

## LIE

It's tempting to delay, spin, or downplay a difficult message, but lying by omission swiftly breeds mistrust.



## DON'T KEEP PROMISES

Even with a valid reason, broken promises erode trust. Small, unkept commitments accumulate over time, subtly undermining dependability.



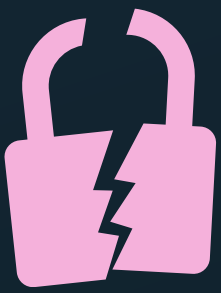
## AVOID APOLOGIZING

Repeated non-apologies form a pattern. Others notice and become wary, doubting the person's intentions.



## EXCLUDE TEAM MEMBERS

Not asking for opinions or excluding team members in discussions can imply one's own judgment is worthier.



## SUSPECT GUILT

Trust is built on giving others the benefit of the doubt. Suspecting guilt immediately without considering alternative explanations undermines the foundation of trust.



## TUNE OUT

Looking at a phone, allowing distractions, and avoiding eye contact during conversations can create suspicion about greater priorities or secret conversations.



## IGNORE EXPERTISE

Consistently making decisions without seeking input creates a perception of superiority or hidden agendas.



Trust is fragile. It takes years to build, seconds to break, and forever to repair.