

Family Discussion Questions

Exploring Our March Theme: TRUST

These questions are designed to help families engage the theme through family discussions and can be used at a family gathering, most often dinner, but also during a quiet moment in the living room, before a board game night, or while driving in the car. This process strengthens the bonds within a family as members learn more about each other by asking and answering evocative questions.

1. Besides our family members, who do you trust the most? What makes them trustworthy?
2. How is trusting pets and animals different than trusting people?
3. Can you tell me a story about a time when someone lied to you and how it felt?
4. Why do you think people lie?
5. What makes a person trustworthy? How can you tell if you can trust someone?
6. Do you have any friends who “make up” stories? Why do you think they do that?
7. What is the best thing to do when you suspect that someone is lying to you?
8. Who are two adults you trust well enough to call if you are not in a safe situation?
9. How can a person rebuild trust after making a mistake?
10. Would you trust someone simply because they said, “You can trust me”?
11. If you had to choose, would you rather someone trust or admire you?
12. When we make promises, we ask people to trust that we will keep our promises.
Have you ever made a promise you later realized you could not - or should not - keep?
13. What does it mean to “trust yourself”?
14. Did you ever think someone was not trustworthy but learned they actually were?
15. Did someone ever betray your trust? What happened?
16. Did you ever betray someone else’s trust? What happened?