**Handout 2.1**

**Exercise - Recollection on Trust**

|  |  |  |  |
| --- | --- | --- | --- |
|  | God | Others | Self |
| Recall experiences from your own life when you have trusted deeply – to the depth of your being ... |  |  |  |
| Recall experiences from your own life when you have lost or came very close to losing your capacity to trust deeply … |  |  |  |
| Recall experiences from your own life when you helped another to recompose, recover or restore her/his ability to trust deeply … |  |  |  |
| What examples from the Clarian sources serve as key points of reference for your own understanding of Clare’s experience of trust – in …… |  |  |  |