

History and Development of Trust: Abridged Version

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At the deepest level all humans are confronted by two basic questions: "Who am I?" and "Where am I going." Western logic suggests that first we must answer "Who am I?" so that we know what the "I" is when going. First things first.

We, each one of us, are born helpless into the world. To survive we are dependent on others. Does that mean we trust them? Being dependent may have little or nothing to do with trust. We cry out in hunger; we are given food and drink; hunger is satisfied; Repeat (many, many times). After several repetitions, only then is trust starting to be developed. However, at this early point: who are we trusting? Are we learning to trust the source (provider) of the food and drink? Or, are we learning self-trust? Or, both? Or, to complicate matters more, are we just responding to varying levels of oxytocin, the powerful hormone that enhances maternal-infant bonding?

Given that we know oxytocin enhancement works both on self-trust and trusting others: Does it matter which comes first when in reality there is an alternation of developing self-trust and trusting others. Further, one is likely to reinforce the other. Does it really matter which was first for the proverbial 'the chicken or the egg' particularly when our needs are being met?

Naturally as we get a little older and our trust in self and in others grows, there will be times in which trust is questioned, tested, perhaps even destroyed: delayed food, for example. Now we ask, where, or what is the source of the question or betrayal? We deduce – or perhaps assume - that more likely it is the 'other' that creates the betrayal, after all, "I am still doing the same thing I always did and am not betraying myself – I can't even talk yet."

Trust continues to be learned. We now live with a degree of skepticism when dealing with others and hopefully continuing to maintain self-trust. Trust has become an important factor in our lives.

Then along comes a bit more suspicion, self-doubt: "I should be able to walk, I see others do it. Why can't I?" Small self-doubts arise about my abilities. If I persevere, meet the challenges, am not discouraged: my self-trust grows stronger. If however, the doubts remain and I do not meet the challenges as quickly or as accurately as I wish, my self-trust may be limited. And so it goes with self-trust development. Of course, others are there prodding me on, guiding me, motivating me to be successful. I am grateful for this encouragement and my trust in them (others) grows as well.

As I get older I realize that I have been, more often than I like, deceived by others about things such as the tooth fairy, Santa Claus, the Easter Bunny, and who knows what else. I begin to understand that trust is very important, and that there must always be some degree of suspicion, and analysis applied to ensure my psychological and perhaps even my physical well-being. I know that I can trust myself to a greater degree than I can trust others. Self-trust I can control, manage, develop. And, I probably have to do the work on myself, by myself.

As trust levels ebb and flow we continue to grow and mature. Strategies and tactics are learned to create, maintain, and restore trust with self and of course with others. We find that the more adept we are with these approaches the more productive, innovative, happier, and resonant we are. We also realize that all trust requires both subjective and objective logic. Both must be applied as we move toward more mature postures.

Eventually we come to the conclusion that if I really want to live a happy and satisfying life and understand Resonant Trust, I need to ensure high self-trust levels. I should also exude trustworthiness. Finally, I ought to know when, where, and with whom to unleash my trust building skills. And life goes on.

The **Unabridged Version** includes insights, quotes, and contributions from Socrates, Plato, Aristotle, Jung, Maslow, Hüther, Rousseau, Zak, Bents, Blank and assorted others.