

Conversation 11: Building Self-Trust

How To Stay On Your Own Side & Build A Life That's Got Your Back

The one reason people stay stuck that almost nobody talks about is that **they don't trust themselves to survive a wrong decision**. Think about how much of your life has been spent asking questions like these:

- ♥ What if I choose the wrong job?
- ♥ What if I leave and regret it?
- ♥ What might happen if I say no?
- ♥ What if they don't like me?
- ♥ What if I fail?
- ♥ What if I'm wrong?

We think this is fear talking but really it's a lack of self-trust - not because you doubt your ability to choose, but because **you doubt your ability to recover if things don't go the way you hoped**.

That realisation changes everything. Suddenly the goal isn't to make a perfect decision, it's to **become someone who can handle imperfect ones**.

Imagine two people standing at the same crossroads. Both are uncertain. Both are frightened. Both know they can't predict the future. One stays exactly where they are. The other chooses a direction. Why? Not because one is braver but because they know something the first person doesn't: **if this turns out to be the wrong path I'll be OK, I'll work it out**. That sentence is an

example of self-trust. Not certainty, not confidence, not guarantees. Just a quiet belief that, **I won't abandon myself if this becomes difficult.**

Perhaps self-trust has nothing to do with believing you'll always make the right decision. Perhaps it has everything to do with believing you'll stay on your own side if you don't.

That belief changes the way you make decisions. You stop asking, what if this goes wrong? and start asking, if it does, do I trust myself to deal with it? If the answer is a genuine yes, you're already evidencing self-trust and fear has lost its greatest weapon: **the belief that one mistake will destroy you** - it won't. You've survived far worse than a wrong decision.

You can't predict every outcome or remove every risk. Instead become the person who has their own back - not believing you'll never get it wrong but knowing that even if you do you won't lose yourself in the process.

Trust is built through evidence. So why would the relationship with yourself be any different? Think about the people you trust most. You don't trust them because they're perfect. You trust them because they're reliable. They do what they say they'll do. They tell you the truth. They show up. They're consistent.

One of the deepest heartbreaks of childhood trauma, difficult relationships, emotional neglect or years of self-abandonment is not that you learned to distrust people, it's that, over time, you stopped trusting yourself.

- ♥ You ignored your intuition because keeping the peace felt safer.
- ♥ You silenced your needs because everyone else's seemed more important.
- ♥ You broke promises to yourself because everyone else's requests came first.
- ♥ You tolerated things you knew were wrong because you didn't believe you deserved better.

Self-trust doesn't grow because someone suggests it. It grows because your brain starts collecting evidence that you're safe to rely on. Perhaps that's why so many people struggle with confidence. They're trying to build confidence before they have evidence that they are trustworthy, reliable, and resilient. But confidence is unpredictable. Some days you'll have it. Some days you won't. Self-trust is different. It doesn't ask, do I feel brave today? It asks, will I stand by myself today? Those are completely different questions.

Self-trust can be rebuilt the same way it's rebuilt in every healthy relationship:

- ♥ One kept promise at a time.
- ♥ One honest conversation at a time.
- ♥ One boundary at a time.
- ♥ One act of loyalty at a time.

Because every promise you keep is telling your brain, **you can rely on me**. Imagine hearing those words from yourself every day - not because you repeated them in the mirror but because

you **proved them to yourself**. That changes the relationship you have with yourself completely. You become your own safe space.

Perhaps this is where healing takes its biggest leap. Until now you've been learning to understand yourself, interrupt your patterns, choose differently, gather evidence. Now the relationship you have with yourself changes. You stop asking, can I trust myself? and ask a much more powerful question: **if I needed someone completely on my side today would I choose me?**

The answer is yes because you've become dependable. You've become the person who tells the truth, who honours your needs, who apologises when necessary and not when it isn't, who rests without guilt, who leaves when something is wrong, who stays when something matters, who no longer trades their integrity for approval.

That's the moment self-trust arrives. Not as a feeling, but as a relationship with yourself, as someone who **always has your back**.

For years you've tried to become someone you could finally love. Perhaps the better goal is to become someone you would **trust with your life**. Literally.

Self-trust is all about gathering your evidence.

- ♥ The evidence that every time you ignore your exhaustion, your body paid the price.

- ♥ The evidence that every time you betray your values, something inside you became quieter.
- ♥ The evidence that every time you honoured your truth, even when it was difficult, you felt stronger afterwards.

Self-trust is giving your own lived experience the credibility it has always deserved because if the last ten conversations have taught you anything, it's this: you're no longer building a case against yourself. You're finally prepared to believe the witness who's known the truth all along **and that witness is you.**