

Trust From Zero™

Module 7: The Rebuild

A PRACTICAL GUIDEBOOK

Assess whether repair is possible and test a bounded change when it is appropriate.

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Discovery by DeVol

YOUR PRACTICE

A practical repair plan, a review point, and clear permission to stop or choose distance.

Put the lesson to work

Assess whether repair is possible and test a bounded change when it is appropriate.

THE FOUNDATION

Begin with The Zero Point: examine one situation through mental, structural, physical, and emotional lenses. Bring one manageable situation into this module.

THE PRACTICE

A practical repair plan, a review point, and clear permission to stop or choose distance. Use a situation that is safe and appropriate for you to influence.

PRIVATE PARTICIPATION

This PDF has no form fields. Think through the prompts or write in your own notebook or notes app. No response needs to be submitted.

THE LIMIT

These are educational activities, not a clinical assessment, trust score, or substitute for qualified advice. Follow relevant duties, policies, and professional guidance where needed.

Choose a page

You can try one practice or work through the module at your own pace.

PRACTICE 1

Choose whether to consider repair - [page 4](#).

PRACTICE 2

Look for acknowledgment - [page 5](#).

PRACTICE 3

Identify a concrete correction - [page 6](#).

PRACTICE 4

Set conditions for a small trial - [page 7](#).

PRACTICE 5

Choose evidence before the trial - [page 8](#).

PRACTICE 6

Keep a way to stop - [page 9](#).

PRACTICE 7

Review actions over time - [page 10](#).

PRACTICE 8

Choose the form of the future - [page 11](#).

USE IT IN LIFE

Try the experiment on [page 13](#). Record what happens on [page 14](#). Plan a useful next occasion on [page 15](#).

Choose whether to consider repair

Rebuilding trust is a choice shaped by safety, circumstances, and willingness.

DO

Identify whether you want to explore repair, need more information, or prefer distance. Consider any practical duties separately.

CHECK

You do not owe access, forgiveness, or renewed contact to complete this module.

EXAMPLE OR WORDS TO TRY

“I am willing to consider a practical repair, but I have not agreed to return to the previous arrangement.”

Look for acknowledgment

Repair needs an account of what is being repaired.

DO

Describe the event and impact. Where another person is involved, consider whether they acknowledge their part without requiring you to minimize it.

CHECK

Do not force agreement through repeated confrontation. Use an appropriate formal process when needed.

EXAMPLE OR WORDS TO TRY

An acknowledgment might name the missed agreement and the extra work it caused, rather than saying only that everyone felt upset.

Identify a concrete correction

An apology and a correction serve different purposes.

DO

Ask what can be corrected, restored, clarified, or prevented. Check what is within the responsible person's authority.

CHECK

Some losses cannot be undone. A plan should not promise that the event will become harmless or forgotten.

EXAMPLE OR WORDS TO TRY

Correct the inaccurate information through the same appropriate channels where it was shared.

Set conditions for a small trial

You can test a limited arrangement before considering a larger one.

DO

Define the task, limits, support, and information required. Confirm that the participants freely agree where personal participation is optional.

CHECK

Use a low-risk task. Do not make safety-critical, financial, or legal exposure the experiment.

EXAMPLE OR WORDS TO TRY

A limited trial may involve one reviewed update rather than restoring access to all shared information.

Choose evidence before the trial

Decide what you will observe rather than relying on a good feeling afterward.

DO

Name the agreed behavior, a review point, and what would count as an unmet condition.

CHECK

There is no universal number of successful occasions that proves trust. Choose observations proportionate to the situation.

EXAMPLE OR WORDS TO TRY

“For the next two ordinary updates, changes will be reviewed before release. Then we will discuss what happened.”

Keep a way to stop

A trial needs a realistic response if conditions are not met.

DO

Agree what you will pause, change, or refer to an appropriate process. Keep the response within your control and obligations.

CHECK

Do not use a consequence as a threat to force closeness. A boundary can be practical and limited.

EXAMPLE OR WORDS TO TRY

“If review is bypassed again, I will stop using this informal update process and ask the task owner for another arrangement.”

Review actions over time

Repair should be evaluated through what happens.

DO

Compare the agreement with the observed behavior and its impact. Notice whether corrections continue after the first conversation.

CHECK

Avoid treating warmth, regret, or one successful action as a substitute for the agreed change.

EXAMPLE OR WORDS TO TRY

“Both updates were reviewed, but one still contained an unchecked figure. We need to address accuracy as well as approval.”

Choose the form of the future

Repair need not recreate the previous relationship or process.

DO

Choose whether to continue the limited arrangement, revise it, stop it, or maintain distance where possible. Discuss affected duties through the proper channels.

CHECK

Trust may remain specific to a task or context. You can acknowledge improvement while keeping a boundary.

EXAMPLE OR WORDS TO TRY

“This limited process is working. I am keeping the other boundaries in place.”

A worked example

An illustrative situation, not a correct answer to your own experience.

THE SITUATION

A shared task repeatedly changed without agreement. The person responsible acknowledges the issue and proposes a review step.

THE ACTION

You agree to a limited trial involving two routine updates, with a named reviewer and a check before release. The plan says what happens if review is bypassed.

WHAT TO OBSERVE

At review, you compare events with the agreement. You may continue the trial, adjust it, or choose another process. Completing the trial does not require restoring every earlier permission.

One experiment

A practical repair plan, a review point, and clear permission to stop or choose distance.

MY STARTING POINT

Choose one situation. What is happening, and whose agreement or support matters?

MY ACTION

Assess whether repair is possible and test a bounded change when it is appropriate. Name exactly what you will do and a realistic occasion for it.

MY CONDITIONS

What information, access, materials, or consent is needed? What must be clarified before you act?

MY OBSERVATION

What will you look for afterward? Describe something you could see or verify, rather than a conclusion about someone's character.

MY LIMIT

What will you do if the action is unsuitable, cannot be completed, or no longer serves the need?

My practice record

Use your own paper or notes app. A few words are enough.

DATE AND CONTEXT

When did you try the practice? What situation did you choose?

RECORD 1

Whether I want to consider repair

RECORD 2

What needs acknowledgment or correction

RECORD 3

The limited trial and its boundaries

RECORD 4

What I will observe and when

RECORD 5

What I will do if conditions are unmet

Carry it into another day

A completed worksheet is a starting point for doing.

CHOOSE THE NEXT OCCASION

Where could you use this practice again? Choose a naturally occurring situation rather than adding work just to complete the book.

KEEP ONE USEFUL ADJUSTMENT

Name one action, question, or boundary that helped. Decide where a reminder would be useful.

CHECK ITS EFFECT

Afterward, ask what changed and what remains uncertain. Repeating an action is useful only while it serves the actual need.

IF SOMEONE ELSE IS INVOLVED

Confirm expectations with them. Do not assume the exercise gives you permission to assign tasks, monitor them, or change their access.

A place to finish

Take stock of what you did, not only what you thought about.

NOTICE

What did you learn from the action? What would you keep or change?

WORDS TO KEEP

I can recognize change and still choose the boundaries I need.

CONTINUE

You have reached the end of the seven-module series. Return to any module that serves your current situation. You do not need to restart the whole series.

ONE OBSERVATION AT A TIME

A successful action does not prove that a person or system is trustworthy in every situation. Keep your judgment proportionate to what you have observed.

The seven-module series

Trust From Zero™ by Toni Shereé DeVol.

1

The Zero Point

2

The First Word Kept

3

The First Action

4

The Small Things

5

Alignment

6

The Break

7

The Rebuild

THIS EDITION

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