

Touchstones Project Theme: Trust

...Trust isn't only a concern that emerges at big moments in our lives. It's not relevant just to signing a contract, making a large purchase, and exchanging wedding vows. ... Whether we realize it or not, issues of trust permeate our days from the time we're born to the time we die, and it's often what's below the surface of consciousness that can have the greatest influence on a life well lived. ...The minds of our ancestors were sculpted by the challenges posed by living with others on whom they depended. Chief among those challenges was the need to solve dilemmas of trust correctly. And it's precisely because of this fact that the human mind constantly tries to ascertain the trustworthiness of others while also weighing the need to be trustworthy itself. *David DeSteno*



At the most basic level, the need to trust implies one fundamental fact: you're vulnerable. The ability to satisfy your needs or obtain the outcomes you desire is not entirely under your control.... The social lives of humans are characterized by a

never-ending struggle between different types of desires — desires favoring selfish versus selfless goals, desires focused on immediate gratification versus long-term benefit, desires stemming from the conscious versus unconscious minds. Only an overriding threat or an amazing confluence of random factors — what we'd otherwise call pure luck — can result in an exact mirroring of two people's needs and goals at all levels. Trust, then, is simply a bet, and like all bets, it contains an element of risk. *David DeSteno*

Join us in exploring Trust

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