

9 Traits of Trustworthy People

By Babette Wilson

Trust is built through consistent behavior over time. While no one is perfect, the following traits are commonly found in people who earn and maintain the trust of others.

1. Keeps Their Word

They follow through on commitments and do what they say they will do.

2. Tells the Truth

They value honesty, even when the truth is uncomfortable or inconvenient.

3. Acts Consistently

Their behavior remains stable regardless of who is watching.

4. Respects Boundaries

They accept limits and do not use pressure, guilt, or manipulation.

5. Takes Responsibility

They own mistakes and focus on solutions instead of blame.

6. Shows Healthy Loyalty

They support others while remaining honest and principled.

7. Keeps Confidences

They protect private information and avoid unnecessary gossip.

8. Treats Others Fairly

They show respect to people regardless of status or personal benefit.

9. Matches Actions with Words

Their choices align with their stated values and beliefs.

Final Thought: Trust is not built through promises alone. It is built through repeated actions that demonstrate integrity over time.