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Freshman Composition ENGL 11000
Professor: Kelly Lemons
Research Assignment
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“Trust Issues And All”(pirate Draft)

Trust is a fundamental necessity in life. It provides safety, a place to fall back on, and the foundation needed to build upon all relationships you develop. So, what happens when your views on trust get screwed up? How much of your life will be affected because of this? This is where the words “Trust Issues” come into play. This term is usually used “When someone displays habitual behaviors of distrust, particularly in intimate relationships” ([Gepp and Gillette,2022](#)). This issue while mostly displayed in intimate relationships has been a problem worldwide and historically. For example, if we look back at history we will see many cases of dishonesty, and betrayal. According to the article (Trust and Distrust in Exploring the Human Past...) “Trust and distrust have been crucial factors in historical processes and resources for the working of diverse political, economic, legal, and gender orders”([Tikhomirov,2020](#)). This means trust and distrust have always been with us as a society and individually. Trusting others can at times be hard. We all know that, but what most don’t know is why some others find it more difficult than normal, where it originates from, the effects, the signs that you or another may have a problem, the mental health issues it can be linked to, and how to help yourself and others.

Trusting others can be a real challenge for some. This issue usually stems from some sort of traumatic incident during your life like many other issues do. It is difficult to deal with and confusing to understand most of the time till you get to the root of the problem. According to (Good Therapy) “Trust issues often come from early life experiences and interactions” ([how to](#)

[get over them in Relationships, marr..., 2019](#)). Meaning that this issue can be the result of a deeper-rooted problem than you realize. Let's take into consideration a person's childhood. Betrayal is the most common form of trauma so let's imagine that the people who are supposed to love and care and nurture you, betray you. That's part of what Joyce Catlett talks about in her article ([Trust Issues: Why Is It So Hard for Some People to Trust?](#)) In part of her article, she discusses the effects parents have on their children and what it does to the child growing up in such an environment. It ranges from anger, false promises, insecurities, abuse, and much, much more. "These events can also set up expectations of future betrayals or lead to certain blind spots in an individual's ability to accurately judge the trustworthiness of others" ([Catlett](#)). Trust issues bring a plethora of problems and can be the cause of what is most affecting us in life. The results of trust issues can lead us to build these protective barriers around ourselves to feel safe and in control. The most important part is knowing if you have these trust issues, and how they affect you wholly.

Most interactions you have with a person, most memories you've shared with a loved one or just another individual, you have unconsciously saved in your brain. Every one of those saved moments and interactions has just as much of an effect on you and your life then you would like to acknowledge. This issue can lead to a multitude of things that can affect you. According to ([How to Overcome Trust Issues in a Relationship...](#)) trust issues "can keep you from forming and maintaining healthy relationships out of fear you might be hurt or betrayed"([How to Overcome Trust Issues in Relationships: signs & causes - Calm,2024](#)). This fear can be so consuming and so tiring that it could end up controlling your life. Most of the time it does and once that happens it's hard to build or rebuild the type of steady connection with a person you may want or once have had. For example "Lack of trust can influence all areas of your life from

personal relationships to professional interactions”([How to overcome trust issues in relationships: signs & causes - Calm,2024](#)). This is what I mean when I say that trust issues affect you as a whole and not just in one singular relationship. It can be in many forms, especially mentally.

The mental issues that trust issues are linked to and have been known to cause a person harm whether indirectly or directly is one too many. For example, according to (WebMD) “Trust issues can also be linked with, Depression,..., Anxiety, Fear of abandonment, Attachment issues,...”([Bhandari, WebMD Editorial Contributors, 2022](#)). These are only some of the mental health issues that trust issues can lead/connect to. We don’t know all of these issues, but what we do know is that most if not all these mental health issues are/can be harmful to you and others. It can have way more disastrous effects on your mind, body, and soul. Take depression for example. Trust issues can lead to the development of depression. According to (Psych Central) We have an idea of what depression is and what it may lead to. “Clinical depression is different from sadness or grief...It can continue for weeks on end, interfering with your work or school, relationships with others, and ability to enjoy life”([Kuehnle, Telloian, 2021](#)). There are many different types of depression, but they all affect you no less.

Trust issues have a strong role in your life and can determine how you live as we just stated, but if you look more into it, you may be able to catch the signs that show you may have it. Some signs are lack of intimacy, overthinking, isolation, and more. Trust issues can also create seeds of suspicion and can lead to assuming the worst which are other big indicators. The article (13 Signs of Trust Issues & How to Get Over Them) partly describes some signs that show you have trust issues and gives an example of how it may feel and why. “Once someone has broken your trust or let you down, you never forget it. You are not likely to ever forgive or trust that person

again” ([Risser, Fuller, 2022](#)). Here the article describes how holding grudges is also a sign of trust issues and how it can connect to you. The signs that connect to trust issues have major consequences on yourself and others. In isolation, for example, you may tend to withdraw from others and the life outside yourself. You don’t exactly like or want to create new relationships with others and find it hard to connect/save the ones you already have. This not only affects you but also the people around you. You may find yourself breaking that relationship you already have with another due to not trying and that not only harms yourself but also the other person. This isolation gives you more time with your thoughts and that can lead to overthinking. This can at times do more harm than good. It can lead you to feeling and thinking more about how a person you are close with, be it a loved one or not can betray you or how they can hurt you even when they have done nothing of the sort so far. Many signs can connect you to having trust issues; these are just a few.

While trust issues are hard to live with that does not mean it's “untreatable.” Knowing the signs can help as much as acknowledging that you or another who has trust issues may need help. Having trust issues is a challenge, but that’s not to say that there isn’t any way to help yourself or another with this issue. It may seem like you're alone but you’re not. There are ways to help. Let’s first discuss how you can help yourself. The main answer here is to trust yourself and take things slow. Step by step, easing yourself into rebuilding trust. According to ([calm.com](#))“Rebuilding trust takes time and effort from all parties involved, but it’s worth it to foster stronger, more trusting relationships” ([Mosunic,2024](#)). It’s important to note when working on trust issues you shouldn’t rush the processes. Patience is key and even if it may seem frustrating at the time it’ll be worth working through your issues. Not only that but to help yourself more you need to learn how to communicate better. You must talk about your trust

issues, help the ones close to you or those who you'd like to be close to you understand that you may have difficulties in this category, and express yourself and your needs. Set boundaries as to what you're comfortable with and how the other you want a relationship with could help. Trust is the main goal here. If you know you can't do this on your own, if you know that you may need help, consider going to a professional that you're comfortable with. Trust yourself. Helping others in this category is somewhat different than helping yourself.

The most challenging thing about helping a close one with trust issues is communication. You need to be clear and concise. Make your intentions known, but still know that even then, it'll still be hard. In dealing with a person who has trust issues words can sometimes mean nothing. "You may not understand why they still don't trust you after you promised not to betray their trust, but those words will not go far for someone with trust issues. They want to take your words to heart and believe you, but they've been duped before" ([Morgan](#)) The article ([How to Help Someone with Trust Issues Open Up & Overcome Their Fear](#)) talks about showing consistency. Be there for them, show them you are reliable. They need to see through your actions that you can be there for them. That they can trust you to show up. Aside from that, you must also keep an open mind. They have nothing against you so don't be discouraged when the progress is a bit slow. Try to be understanding of the fact that their past has a continuous effect on them. Don't pressure and just listen when they're ready to be open to you. Lastly, approach with honesty. That is the major to help in all.

Trust issues will always be around whether we want it to be or not. It's better to be more informed just in case because you never know who you may encounter that has trust issues or you may even realize that you have trust issues yourself. It's a good way to help yourself and be

more self-aware. You never know who's struggling with this and if it's a loved one or someone you are close to, showing interest in this could help both your relationship and either them or yourself. Trust issues are a serious problem that takes time to understand and receive help for. It is not a one-and-done type of issue. It's long-lasting and harmful. It's better to have at least background knowledge of this issue if you truly do want to understand and help.

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“Trust Issues And All”(Final Draft)

Trust is a fundamental necessity in life. It provides safety, a place to fall back on, and the foundation needed to build upon all relationships you develop. So, what happens when your views on trust become a big concern? How much of your life will be affected because of this? This is where the words “trust issues” come into play. This term is usually used “When someone displays habitual behaviors of distrust, particularly in intimate relationships” ([Gepp and Gillette 2022](#)). This issue, while mostly displayed in intimate relationships, has been a problem worldwide and historically. For example, if we look back at history, we will see many cases of dishonesty, and betrayal. According to the article, “*Trust and Distrust in Exploring the Human Past*”, it states, “Trust and distrust have been crucial factors in historical processes and resources for the working of diverse political, economic, legal, and gender orders” ([Tikhomirov 2020](#)). This means trust and distrust have always been with us as a society as well as individually. Trusting others can be hard at times, we know this, but what most don’t know is why others find it more difficult than normal to trust someone. Through explaining the understanding of trust issues, the effects, the signs that you or another may have a problem, the mental health issues it can be linked to, and how to help themselves and others, the topic of trust issues can be further explored and thuswise, less of a concern.

For some, trusting others is a big task. This issue usually stems from some sort of traumatic incident during one’s life like many other issues do. It is difficult to deal with and confusing to understand most of the time until one gets to the root of the problem. According to “*Good Therapy*”, “Trust issues often come from early life experiences and interactions” ([how to](#)

[get over them in Relationships, marr..., 2019](#)). This means that this issue can result from a deeper-rooted problem than you realize. Let's take into consideration a person's childhood. Betrayal is the most common form of trauma so imagining that the people who are supposed to love and care and nurture you come to betray you instead. That's part of what Joyce Catlett talks about in her article, "[Trust Issues: Why Is It So Hard for Some People to Trust?](#)" In part of her article, she discusses the effects parents have on their children and what it does to the child growing up in such an environment. It ranges from anger, false promises, insecurities, abuse, and many more negative consequences. "These events can also set up expectations of future betrayals or lead to certain blind spots in an individual's ability to accurately judge the trustworthiness of others" (Catlett). Trust issues bring a plethora of problems and can be the cause of what is most affecting that minority with their relationships. The results of trust issues can lead them to build these protective barriers around themselves to feel safe and in control. The most important part is knowing if one has these trust issues, and how they affect them entirely.

Most interactions someone has with a person, memories they've shared with a loved one or just another individual, they have unconsciously saved in their brain. Every one of those saved moments and interactions has just as much of an effect on them and their life then they would like to acknowledge. This issue can lead to a multitude of things that can affect them. According to "[How to Overcome Trust Issues in a Relationship](#)", trust issues "can keep you from forming and maintaining healthy relationships out of fear you might be hurt or betrayed" ([How to Overcome Trust Issues in Relationships: signs & causes - Calm 2024](#)). This fear can be so consuming and so tiring that it could end up controlling their decisions when it comes to relationships. Most of the time it does, and once that happens it's hard to build or rebuild the type of steady connection with a person they may want or once have had. For example "Lack of trust

can influence all areas of your life from personal relationships to professional interactions” ([How to overcome trust issues in relationships: signs & causes - Calm 2024](#)). This is what I mean when I say that trust issues affect people as a whole and not just in one singular relationship. It can be in many forms, especially mentally.

The mental issues that trust issues are linked to and have been known to cause a person harm whether indirectly or directly is one too many. For example, according to “*WebMD*”, “Trust issues can also be linked with, Depression, Anxiety, Fear of abandonment, Attachment issues,” ([Bhandari, WebMD Editorial Contributors 2022](#)). These are only some of the mental health issues that trust issues can lead to and connect to. Studies don’t know all of these issues, but what they do know is that most if not all these mental health issues can be harmful to oneself and others. It can have way more disastrous effects on the mind, body, and soul. One great example is depression. Trust issues can lead to the development of depression and according to “*neuroscience news*”, “*Breach of trust and individual differences in trusting others have been shown to harm mental health as low trusters tend to isolate themselves from social interactions and, consequently, develop depression*” ([Brains With Compromised Trust Settings a Warning Sign of Lurking Depression 2023](#)). Trust issues can limit the amount of time spent with others and it becomes difficult for the individual who has this problem to make any new interactions with others and to keep the existing relationships they have steady. This type of isolation does not bode well for them or their mind.

As a strong role in someone’s life, trust determines how one lives and those without it may be able to catch the signs that show they have those trust issues. Some signs are a lack of intimacy, overthinking, and isolation. Trust issues can also create seeds of suspicion and can lead to assuming the worst which are big indicators. The article “*13 Signs of Trust Issues & How to*

Get Over Them”, partly describes some signs that show you have trust issues and gives an example of how it may feel and why: “Once someone has broken your trust or let you down, you never forget it. You are not likely to ever forgive or trust that person again” ([Risser, Fuller 2022](#)). Here the article describes how holding grudges is a great sign of lack of trust. The indications that connect to trust issues have major consequences on oneself and others. In isolation, for example, one may tend to withdraw from others and the life outside themselves. Some don’t exactly like or want to create new relationships with others and find it hard to keep the ones they already have. This not only affects them but also the people around them. They may find themselves breaking that relationship they already have with another due to not trying and that not only harms them but also the other person dear to them. This isolation gives that person more time with their thoughts and that can lead to overthinking. This can at times do more harm than good. It can lead them to feel and think more about how a person they are close with, be it a loved one or not can betray them or how they can hurt them even when they have done nothing of the sort so far. Many signs can connect that person to having trust issues; these are just a few.

While trust issues are hard to live with, it does not mean it's ‘untreatable’. Knowing the signs can help as much as acknowledging that someone has trust issues that may result in them needing help. To them, it may feel like they’re alone but they’re not. There are ways to help, such as spreading awareness. First, discussing how to help oneself is to trust oneself, which is an important part of the process. Taking this issue step by step, and slowly easing themselves into rebuilding trust is also one of the goals. According to the Calm website, “Rebuilding trust takes time and effort from all parties involved, but it’s worth it to foster stronger, more trusting relationships” ([Mosunic 2024](#)). Patience is key and it may seem frustrating at the time, but it’ll be worth working through these issues. Not only that but to help themselves more, they need to

learn how to communicate better. They must talk about their trust issues, which helps the ones close to them or those who'd like to be close to them understand that there are difficulties in trusting and also expressing themselves and their needs. Set boundaries as to what one is comfortable with and how the other person in the relationship could help. Trust is the main goal here. If someone knows they can't create relationships on their own due to this problem, if they know that they may need help, they should consider going to a professional that they're comfortable with. Although helping others in this category is somewhat different than helping oneself.

The most challenging thing about helping a close one with trust issues is communication. One needs to be clear and concise. Making their intentions known, but still knowing that even then, it'll still be difficult. In dealing with a person who has trust issues, words can sometimes mean nothing. "You may not understand why they still don't trust you after you promised not to betray their trust, but those words will not go far for someone with trust issues. They want to take your words to heart and believe you, but they've been duped before" ([Morgan](#)) The article, "*How to Help Someone with Trust Issues Open Up & Overcome Their Fear*", talks about showing consistency. Being there for them and showing them that others can be reliable still. They need to see through hopeful actions that someone can be there for them. That they can trust them to show up. Aside from that, one must also keep an open mind. When talking to someone with trust issues, initially they have nothing against you, but the progress may be a bit slow. Try to understand the fact that their past has a continuous effect on them and it can be helpful to listen when they are ready to discuss. That is the major to help in all.

Being informed and spreading awareness is the best way to let everyone understand the misunderstandings one could have about someone having trust issues. It's a good way to help

others and be more self-aware. Most never know who's struggling with this and if it's a loved one or someone they are close to, showing interest in this could help both one's relationship and their close ones. Trust issues are a serious problem that takes time to understand and receive help for. It is not a one-and-done type of issue. It's long-lasting and harmful. It's better to have at least background knowledge of this issue if anyone truly does want to understand and help.

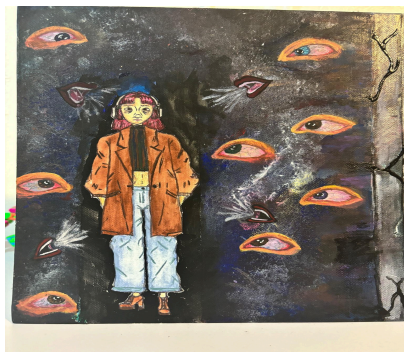
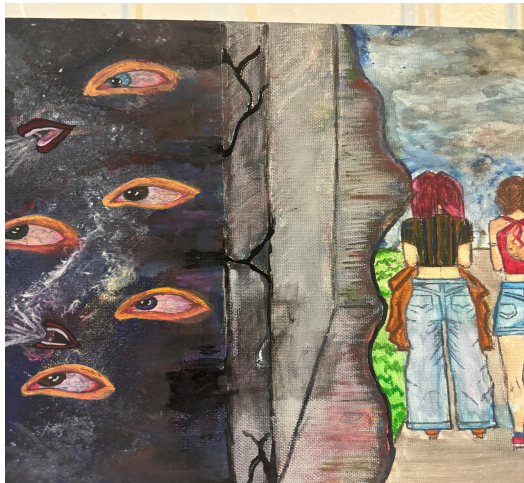
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“Trust Issues And All”(Creative Project)



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“Trust Issues And All”(Reflection Piece)

Writing my research paper was interesting. There were a lot of topics to choose from, but overall choosing the main topic that came from my narrative was the best option. It connected to me in ways that I understand because this topic is a big issue for me. It felt important to dive a bit deeper into this problem to know how it is further affecting me in ways that I never thought or knew about. There was a lot of information I found that resonated with me in terms of the effects and other mental health issues it related to. However, there was a problem I had while looking up the topic for my essay, which was fact-checking. Some sources that I found before writing and finishing this essay were not put into the paper due to not having concrete information backed up within the article. Fortunately, I did find sources that helped me and made it easier to understand where they got their information from. Whilst writing this paper I also had to keep in mind that it would need to connect to my creative project as well.

The project was a little troubling due to the fact of not knowing what I was going to do. I understood that initially, it must have some sort of connection related to my research paper, but I had no idea how to show that. Until I was midway through my essay. While writing this essay, I learned about the effects trust issues have on an individual. I wanted to somehow showcase that. That's when I decided on what to do and how to do it. The connection I wanted was to show how the effects may look like or feel to the individual who has them. The essay and project influenced each other greatly with how I wanted things to be written and shown. They both helped the process of making this essay in general easier but that's not to say I didn't struggle at all. I only

struggled a bit with this while writing the essay because the essay itself did not have enough information at the time. This is where editing like a ninja and drafting like a pirate came in.

Drafting like a pirate is a very easy method when trying to get all your ideas written out. It helped me declutter my brain and made things a bit clearer to see what type of process I wanted to do when writing my essay. It gave me leeway to play with my assignment. What I mean by this is how letting me dump all my ideas into the pirate draft let me explore different ways I wanted to go about my writing and creative project. It let me see different topics I could do my essay about, and which one was a better match overall that also still connected to my narrative assignment. When I was done with the pirate draft, I moved on to the ninja final draft. This is what helped organize everything. I deleted what didn't sound right and added what I thought would help the paper overall. The ninja draft helped show what I needed to fix in the pirate draft and the ninja draft allowed me to make the paper overall sound the way I wanted it to. It gave me the chance to write the paper in a way that was understanding of what trust issues are and how there is a problem for the individual who has them.

Overall, this whole project meant a lot because it helped me gain a deeper understanding of this issue and how to help. It let me see some areas that are not usually discussed often and let me focus on the main problems trust issues cause. I enjoyed writing this paper because it helped me be more informed and let me see that just because you have trust issues, it does not mean you can't overcome them.

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“Trust Issues And All”(Artist Statement)

The process of making my creative project was overall fun. It was messy and I had gotten tons of paint on myself during it, but it was an interesting process. I first needed to come up with an idea of what I wanted and how I wanted it to connect with the paper which was kind of a struggle. This was simply due to the fact of overthinking and stressing for no reason when it could have been a simple idea. What I did to help myself relax was to put on music that would help me get out of my head. It worked like a charm and also set the mood I wanted for painting. Afterward, I figured out what I wanted to do and how to do it. This is where outlining comes in.

I wanted to draw something that connected with how a person with trust issues may feel or think inside and how it affects them outwardly as well. I first split off the canvas and decided to draw a girl on one side and go from there. I then went to my research paper and took inspiration from the fact that people with trust issues tend to feel isolated and judged. The anxiety they feel and the suspicion they have can affect the relationships they have with others. Which is what I wanted my creative project to represent.

So, I decided that drawing a girl alone in a somewhat dark place could help showcase that feeling of isolation. I also thought that having eyes watching her from every angle could showcase the feeling of judgment and suspicion along with having mouths scream at her. I also wanted to keep in mind that this side of the canvas was also supposed to be what the inside of her mind looks like and can work like. So, keeping that in mind I drew a type of internal wall that is usually used as a defense mechanism in people with trust issues when meeting and having any

type of relationship with another. On the other side of the canvas, I drew the same girl but this time with her friend walking in a park with the sky turning dark and cloudy in between them to symbolize the struggle people with trust issues have when socializing and maintaining relationships. I wanted to help show how that can feel and look internally as well as outwardly. I wanted to showcase how this part of the painting happened outside her mind and is the reality of what trust issues may be causing as well. To show this divide between reality and mentality blending I created a line that connected them in-between like a thought bubble. I also wanted to make it look like it was bleeding across going towards the wall the individual with trust issues has. The clothing in honesty represented nothing important but the accessories like the headphones do. For example, the headphones were put there to help block out the noise she hears in her mind and suspicion.

The creative project helps visualize the concept of real feelings and struggles that happen when a person has trust issues. The painting helps a part of the writing come to life. This is why the creative project means a lot to me. It gave me an outlet to express myself with colors and images and let me play with how I wanted to create this idea of isolation and overall feeling of the seriousness of this issue. It was a fun project and helpful in many ways. I thoroughly enjoyed searching for reference photos for the clothing and footwear. Even if at times it was a struggle to get my ideas out and come to terms with the painting not being perfect because nothing is ever truly perfect.