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**O The Trust Test**  
By Martha Beck



Illustration: Julien Pacaud

You've got a no-fail means of recognizing the really dependable people out there—a nifty inner gizmo Martha Beck calls a trust-o-meter.

If your inner software is working well, your trust-o-meter is guiding you safely through life's many hazards. If it isn't, you smash into one disappointment or betrayal after another. The good news is that no matter how faulty your trust-o-meter, it's never too late to debug the system. Here's one short quiz to help you determine if your

trust-o-meter needs recalibrating.

Choose how much you agree with the following statements.

	Strongly Disagree	Disagree	No Opinion	Agree	Strongly Agree
I'm at ease when I'm alone.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
When people are angry at me, I usually understand why.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I never worry that my friends and family will hurt or abandon me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I eat only when I'm hungry and stop as soon as I'm full.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
My first impressions are almost always accurate.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't need alcohol or drugs to relax.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I stay within my spending budget.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I never worry that people might find out too much about me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I show up on time for appointments, even informal ones.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have many rewarding, happy relationships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I'm careful to save part of my income.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Life makes more and more sense to me as I age.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I keep my promises, and my friends and family keep their promises to me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Most people behave pretty much as I expect them to.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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