

We Knead You Here Podcast

Episode 2: On Being Trusted



Episode Two: Recap

- Two recent instances of Dayna feeling trusted by two of her friends, helped her move through her recent depression.
- Being trusted in many ways feels like being loved--at least in Dayna's experience!
- Dayna also shares her difficult journey with self trust especially as it is related to her OCD.

Episode 2 Recipe: Chocolate Chip Sprinkles Cookies

Ingredients

- 1/2 cup butter
- 1/2 cup granulated sugar
- 1 1/4 cup brown sugar
- 2 tsp vanilla extract
- 1 egg
- 2 cups flour
- 1/2 tsp baking soda
- 2 cups chocolate chips
- 2 cups sprinkles

Directions

1. Preheat the oven to 350F
2. Melt butter and sugars to the bowl to combine
3. Stir in vanilla and egg.
4. Add flour, baking soda and add chocolate chips.
5. Add sprinkles and scoop into one inch dough balls.
6. Bake for 10 minutes

We Knead You Here Podcast

Episode 2: On Being Trusted

Episode Two Reflective Questions

1. How does it feel to be trusted?
 - a. Who trusts you?
2. Do you trust yourself?
 - a. Why or why not?
 - b. Is it situational?

In crisis?
Dial or text
9-8-8

Episode Two Exercise

Create a mantra or affirmation in which you can return to when you are struggling to trust yourself.

Some examples include:

- I deserve to be trusted
- I have gotten myself through 100% of my bad days, I can trust myself to get through this.

