



The Importance in Trust

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“Trust takes years to build, seconds to break, and forever to repair.”

-Unknown

Although the quote above has an unknown author, it is the most meaningful quote that I have experienced thus far in my 16 years being on this earth. Truth. Truth is the most valuable resource that life has. Look at Symbiosis; it is in all life. Yet we humans, cursed with sentience, are so keen at breaking trust that it's essentially “forgotten.” When trust is broken like this, it makes me quite mad; in my eyes, trust is the most valuable aspect of life that we have in our relationships.

Have you ever lost the trust of another? Do you know what it feels like? It is not pleasant. It is so incredibly easy to lose someone's trust- a snarky comment, a bad mood, or just a nasty situation. Depending on the person you are dealing with, good luck getting that trust back. Most of the time, a person will find it almost impossible to regain their trust for someone who lost it. Trust is so powerful, yet extraordinarily fragile- like spider's silk.

My parents have always told me to tell the truth. Whenever I've done something bad, like putting thumbtacks in our 100 year old piano, they ask me if I did it. They never assumed. They wanted me to build courage to tell the truth. I never understood that until I was older, when I discovered that trust is nearly impossible for me to give back to someone after they have lost it. Trust is so easy to lose, and hard to gain back- like dropping something into the ocean. If you aren't careful, you will just be in a position where you'll just be watching it fade away. Trust can be lost instantaneously, yet it can also be lost very slowly, and over time, like a mighty peak being eroded away to a small pile of rubble after many years. Be careful- you might not even notice that you're losing it until it's gone.

There was this person I knew, and one time he said a really snarky comment to me about a relationship I was in, and I got relatively mad at him. I thought it was probably a mistake- maybe he was jealous or having a bad day. So I tried not to show it, but someone told him I was mad. He responded by making another comment which was really painful. Even though I didn't know it at the time, I had completely lost all trust in him. To this day, I still have no trust in him, and it doesn't look like he will be regaining it.

Trust is such an interesting concept. It's something that is in all of us, mostly subconscious, yet so very prominent- even if you don't realize it. It lurks behind the scenes, always controlling, like a director of a movie. It takes nurturing to build, and lots of effort to maintain. I've learned that if you really love someone, don't let them lose their trust in you. You'll regret it for an eternity. Trust is painful and fragile, but so incredibly powerful.