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Who Can You Trust

By Shellie Rushing Tomlinson

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I remember when Mama would reach her boiling point with my sisters and me. "I promise you one thing," she'd say. "If I hear one more argument today, nobody's gonna be able to sit down for a week." As I grew up I began to realize that not everyone took a promise as seriously as Mama did.

There are plenty of folks that will give you their word and not think twice about going back on it. Kinda makes it hard to trust people, doesn't it? Of course, if we're honest with ourselves, we'll have to admit that we've all broken a promise or two in the past. So, who can be trusted? Oh, I thought you'd never ask.

Did you know that 2700 times in the Old Testament God the Father is identified by the Hebrew name, Jehovah Elohim? It's a name that means covenant-keeping God, the God that can be trusted to keep his promises. The 23rd verse of Lamentations chapter three reads, "Your mercies are new every morning. Great and abundant is your stability and faithfulness."

The bottom line--have faith in God. You can trust Him to keep His promise.

Shellie Rushing Tomlinson lives in Louisiana with her husband and teenagers. Her writing celebrates the charm and beauty of the South. You can find her memoir, "Lessons Learned on Bull Run Road", at <http://www.allthingsouthern.com>.

Trusting Yourself and Others

By Yasmeen Abdur-Rahman

How come, as women, we always second-guess ourselves? Are we not confident to choose a mate that has the characteristics of what we yearn for or start and operate a business that we have a passion for? Who can you trust?

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For most of my teenage and adult years, I'd sit in front of my computer going over a wish list of things to accomplish before growing old. Unfortunately, others tried to degrade my dreams, dissolve my opinions, and demean my competency. My self-esteem was not as high as it should be after achieving numerous awards in high school and business school. Despite the ongoing negativity from nay-seers, life goes on. Can you relate? There is always someone lurking in the wind saying who does she think she is?

Trusting yourself to others is tough if you grew up around negative individuals. Did you grow up around people that never expressed their thoughts openly and honestly? Again, whom can you really trust?

Trust is a five, letter word but it has many definitions. My definition of trust is: having faith, belief and conviction of someone or something. Trust is a word that carries the weight of a dump truck.

In our personal lives, we trust our husbands, boyfriends, family and friends. We trust that others will love us and treat us with dignity and respect. We trust that they will support and appreciate our thoughts and beliefs regardless of their personal beliefs. We trust them with our hearts and inner thoughts. If that trust were broken, whom would you go to confide your thoughts to?

In our business lives, we build relationships with other entrepreneurs in order to grow our businesses and become successful. We meet people from different cultures and industries that we trust will support us in our endeavors. However, when we mistrust a business partner, we tend to build a wall around ourselves because that hurt is like losing a good friend.

How many people do you trust with your inner thoughts? Take time out to keep those that are trustworthy in your circle by planning monthly outings, weekly phone chats, or create and deliver handwritten letters. Since it's hard establishing trust in your life, it would be beneficial to acknowledge why you became trusting in the first place. More importantly, trust in God first and man second.

This article was written by Yasmeen Abdur-Rahman, Lifestyle Entrepreneur Coach and owner of The Brownstone Workshop in Cary, North Carolina. For a free consultation, contact Yasmeen at 919-319-6271 or via email

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