Reliability

**Reliability**


# Knowledge

* Knows that trust and reliability are important for healthy relationships
* Knows why it is beneficial in certain contexts to

be reliable

* Knows about their own limits

# Skills

* Is able to show commitment when interacting and collaborating with others
* Is able to inform others appropriately, in case they are not able to meet commitments

# Attitudes

* Feels motivated to be a person one can count on