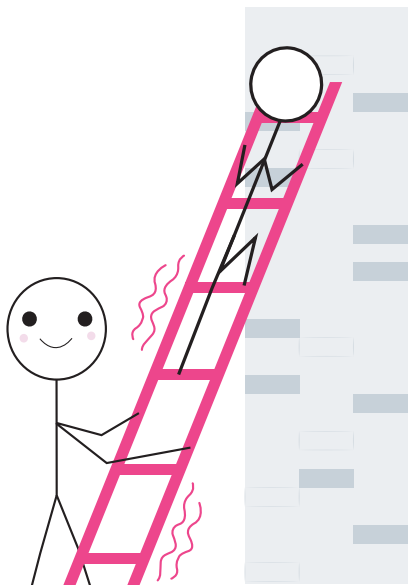


# Reliability



Support  
me 

# 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

