

# FUTURE OF FAITH

Sacred Tools for Courageous Connection

## Listening and Trust/Influence Fact Sheet

This fact sheet features data about the impact of listening on trust, relationships, and influence from our recent (2024) nationally representative study. We surveyed 884 adults (22-55) and 1138 teenagers (13-19) and interviewed 20 people between the ages of 18-55.

I feel more connected to someone when they listen without judgement.

Adults (22-55) Teenagers (13-19)

81% 74%

Someone giving me space to talk without interruption builds trust.

Adults (22-55) Teenagers (13-19)

73% 72%

I have high trust for people I have a relationship with.

Adults (22-55) Teenagers (13-19)

70% 76%

If the other person shows empathy and understanding, it is important to building trust.

Adults (22-55) Teenagers (13-19)

73% 71%

The other person asking follow-up questions is important to building trust.

Adults (22-55) Teenagers (13-19)

65% 56%

Remembering details from a previous conversation is important to building trust.

Adults (22-55) Teenagers (13-19)

72% 67%

When someone listens attentively to me, it strengthens my relationship with that person.

Adults (22-55) Teenagers (13-19)

82% 84%

I trust someone more when they listen and follow up rather than simply sharing their own thoughts.

Adults (22-55) Teenagers (13-19)

71% 70%

**"I think that it's a lot easier to trust somebody if you feel heard. There's a safety that comes in a relationship."  
-Aubrey, 34**

If the other person respects my opinions even if they disagree, it is important to building trust.

Adults (22-55) Teenagers (13-19)

74% 75%



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"I don't tend to trust authority figures...I would definitely be more likely to listen to someone who...I felt was listening to how I was feeling."  
-Christopher, 41



"It makes me feel valued when somebody takes the time to really make eye contact and listen and nod and engage. When I feel like they're engaged... that builds trust."  
-Stephanie, 39