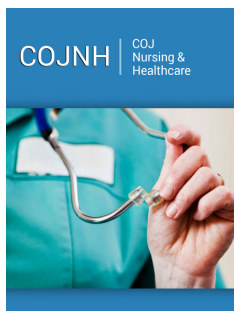


Trust is Essential to Succeed in Life

Sofica Bistriceanu*

Academic Medical Unit, Romania

ISSN: 2577-2007



***Corresponding author:** Sofica Bistriceanu, Academic Medical Unit, Romania

Submission:  August 14, 2025

Published:  November 06, 2025

Volume 9 - Issue 4

How to cite this article: Sofica Bistriceanu*. Trust is Essential to Succeed in Life. COJ Nurse Healthcare. 9(4). COJNH. 000720. 2025. DOI: [10.31031/COJNH.2025.09.000720](https://doi.org/10.31031/COJNH.2025.09.000720)

Copyright@ Sofica Bistriceanu, This article is distributed under the terms of the Creative Commons Attribution 4.0 International License, which permits unrestricted use and redistribution provided that the original author and source are credited.

Opinion

"I trust you!" or "I believe in your words and actions."

To say that, you must be convinced it is genuinely true. Present and past experiences help define your statement best. It reflects a personal belief in another person's honesty, decency, integrity, and candor.

Usually, people trust others based on their previous experiences working together, others' beliefs about those people, and these factors support their expectation of reliable future cooperation. Convinced of these qualities, they develop relationships with confidence, wishing to protect their emotional well-being and guard themselves from deception.

Trust is crucial in building and strengthening relationships.

The initial relationship between the trustor and trustee can change over time due to ongoing external and internal influences on the human body, which can affect perception, analysis, and decision-making in complex situations or when considering their interests.

Unexpected obstacles outside their control can disrupt a trustee's or trustor's promise or commitment during an affair, whether it's in progress or at its final stage. Quickly informing the end user about changes to their original plan and offering apologies when their errors are involved is essential. Recognizing unforeseen factors that hinder collaboration can promote understanding and improve cooperation. Unintentional inaccuracies in data used in practice can be quickly corrected, allowing the relationship to continue without harm.

Sharing common goals and understanding potential mistakes helps keep people connected.

In contrast, delays in providing real-time information and failure to adjust actions, when necessary, can lead to undesirable production outcomes that frustrate all involved in the collaborative work. This causes team members to doubt their collaborators' fairness, weakening their initial trust. Frustrations during the production process lower individual emotional well-being, leading to sleep disturbances that impact the inner world, the starting point for personal health problems.

Mistrust damages relationships. Disappointment harms relationships, making it harder to reconnect with the original bond. Intentional errors often cause an affair to end sooner.

Exchanging products involves setting a fair price based on the product's value. Overpricing disappoints buyers, since they see it as dishonesty. They no longer trust their partners' fairness and will look for other offerings.

Producers who share goods at undervalued prices may be alerted by collaborators to mistakes in valuing their products. In return, they remain grateful, which strengthens their relationship.

Generosity when selling products or services boosts emotional well-being, especially for those in need, further reinforcing their connection.

Closed relationships develop over time, rooted in past encounters. Emotional and/or material support during troubled times, and guidance, when necessary, fosters gratitude and encourages openness to deeper collaboration. Kind-hearted collaborators are preferred over those who communicate coldly with others.

Usually, individual judgment is constantly evolving; factors like genetics, education, networking, finances, technological progress, access to updated information, and potential medical conditions can make personal thinking and actions unpredictable

at times. Considering human imperfection as a common trait, disillusionment in relationships could be inevitable. All seem to come with greatness and then pass on!

Trust promotes a peaceful inner life and helps navigate uncertainty with confidence.

A person's immorality can negatively affect how others perceive them. A bad reputation spreads fast in both the real and online worlds, damaging their opportunities to collaborate with others.

Long-lasting, strong relationships can be predicted, considering how people have interacted with others and built truthful relationships; in this way, they can appeal as potential collaborators, who may succeed or fail in their lives.