



*"Trusting someone means that you think they are reliable, you have confidence in them and you feel safe with them physically and emotionally. Trust is something that two people in a relationship can build together when they decide to trust each other."*

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# TRUST IS A GIFT

**TRUST IS GIVEN, MUCH LIKE A GIFT. TRUST IS YOUR RESPONSIBILITY AND IN YOUR CONTROL. TRUST WITH INTENTION. GIVE TRUST WISELY. DECIDE WHAT YOU NEED TO GIVE TRUST.**

The trust explained in this worksheet is not for casual encounters. It is for your intimate relationship. Feel empowered by the fact that you have control over trust: by (1) choosing to give trust or not, and by (2) choosing to be trustworthy or not. You will also learn to realize what you need to trust and will communicate these needs with your partner. Being a detective, snooping, stalking, invading privacy, 'mind-reading', hyper-vigilance, attacking, passive aggression, and controlling behaviors are not helpful in nurturing trust - in fact they erode it and cause more anxiety and pain overall.

## ASPECTS OF TRUST IN ROMANTIC RELATIONSHIPS AND MARRIAGE

- 1 Trust is either GIVEN intentionally or unintentionally; learn to intentionally CHOOSE when and who to trust
- 2 Bravely opening up to authenticity, vulnerability, and emotional connection (allowing yourself to be seen, heard and valued) are needed to build trust in relationships, not just honesty
- 3 Studies reveal that TRUST is an essential ingredient to falling in LOVE and maintaining a loving relationship
- 4 Expecting your partner to earn your trust, can block intimate connection and the vulnerability required for love
- 5 Trust involves both parties realizing what is in their own best interests, wants, needs, and desires
- 6 Trust involves both parties knowing and stating what they NEED to feel safe about giving the gift trust
- 7 If you want others to trust you, it is your responsibility to be consistently trustworthy (with words and behaviors)
- 8 Trust in relationship, involves (1) you choosing **to trust** and (2) **being trustworthy, "If it is to be, it is up to me."**
- 9 If you are choosing to be in a relationship, in which trust has been **violated**, you are choosing to give your partner the gift of trust once again - it's essential you identify and communicate your needs in order to feel trust
- 10 If you want to trust your partner, it is your responsibility (your power) to CHOOSE to give the full gift of trust
- 11 Trust is all-or-nothing in romantic relationships (with boundaries) - if you try to half give trust, this will likely cause anxiety, resentment, self-resentment, hyper-vigilance, over-detecting, controlling behaviors, and other maladaptive protective strategies (signs you may need to build the capacity to give trust)
- 12 If you try to force trust (rather than intentionally choosing it) with someone you don't really trust yet, you will likely feel anxiety and resentment towards yourself and the other person
- 13 Overall, trust is an exchange of faith; don't exchange trust with someone who isn't at least intentionally dedicated to being trustworthy and trusting with you from this point forward
- 14 There is an element of vulnerability within trust. Due to negative previous experiences in relationships (family, friends, intimate relationships) we may fear (without even knowing it), and thus not have the capacity to GIVE trust again. We may block it and show up cold, rigid, and avoidant in relationships. This can be healed.
- 15 We need to feel safe and loved in order to truly give the gift of trust. We need to identify what makes us feel safe and loved and we need to communicate these needs to our partner.

## NAVIGATING TRUST

In your opinion, what would make your partner worthy of giving him/her your trust? List 5 specific traits and behaviors

- 1
- 2
- 3
- 4
- 5

Does your partner have aspects you feel might make them unworthy of your trust? List 5 specific traits and behaviors

- 1
- 2
- 3
- 4
- 5

**Without over-thinking, simply allow a stream of consciousness, free-writing, unedited answers to these questions:**

What **does** having trust for **yourself** feel like to you?

What do you **want** trusting **yourself** to feel like (could be the same or different than above)?

Does anything get in your way of feeling trust for **yourself** in this moment? If so what (thoughts, emotions, worries, etc.)?

Has infidelity in your relationship impacted your ability to feel trust for **yourself**? Free-write naturally, unedited.

Visualize **your partner** in detail (their face, style, vibe, etc.). What does having trust for your partner feel like to you?

What do you want trusting **your partner** to feel like?

What do you fear may happen if you allow yourself to feel trust for your partner in this moment? Free-write.

What are your **first thoughts** when you think about what you **need** from your partner in order to **want** to trust them?

List 8 aspects you need from your partner to feel safe and loved, and specifics that make you **want to trust** him/her?

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

What are the benefits to giving the full gift of trust to your partner (believing in their reliability, honesty, and safety)?

What are you afraid will happen if you give your trust to your partner? Describe.

From this point on, what would make you no longer willing to give your trust to a partner? What are your deal-breakers?

From this point on, do you trust yourself to stop giving trust to your partner if they violate your trust ever again?

How do you envision taking good care of yourself if you have to no longer give your trust due to repeated violations?

How does it feel to have a game plan to protect and heal if your partner violates your trust and you no longer desire to give your trust and, thus, no longer remain in the relationship?

Ideally, how do you envision letting your partner know what you learned in this worksheet and what you learned about trust? How will you learn about what they need to trust you? What format is most comfortable for you (letter, face-to-face, etc.)? Where do you want to be (on a walk, in bed, having dinner, on the beach, etc.)? How will you speak your truth? What do you imagine saying? What questions do you want answers to? Free-write in detail. Use a journal for more space.



***"A bird sitting on a tree is never afraid of the branch breaking, because its trust is not on the branch but on its own wings. Always believe in yourself"***