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Rebuild & Deepen Trust in Your Relationship



*Create true happiness and deep passion with your
life partner in brand new ways.*

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Introduction



My Husband and I enjoying a bike ride.

If you've downloaded this eBook, chances are you are in a relationship that you would like to see some improvements made in. Every couple has their challenges. That's why we are brought together in the first place! So, you made a great decision to download this eBook and find some ways to fine tune your most intimate relationship.

My name is Tracy Morrow, I'm a life coach specializing in conflict resolution, married, and I've worked with hundreds of couples throughout the years.

The couples that I work with have been in every stage of relationship, living together, newlyweds, and long term married folks. Some of them just want to take some time, with a professional to create healthy couple's habits, or to get the spark back, and some have been dealing with affairs, addictions, empty nest, illnesses and more. I consistently see amazing results even when a couple was separated. The only real requirement to working things out is willingness.

I chose to share this excerpt about rebuilding and deepening trust because it's an especially huge topic in marriage. This is an excerpt from my book "The Golden Key to Unlocking Your Soulmate Relationship". This book is a total conditioning workbook for your relationship, with eight different topics, resources and a very special bonus.

There is something very important that star athletes and performers do, they condition, they practice, and they train in order to produce the ultimate performance. That's what "The Golden Key to Unlocking Your Soulmate Relationship" does for couples. I'll let you know how to order it at the end of this eBook.

Trust

Trust is a biggie. Without trust it's hard to build a truly intimate, happy relationship. This is probably one of the most common issues with every couple and can come in at many different levels.

Loss of trust, if it's not regained, can be a definite deal breaker and many marriages end when trust is broke and not restored. On the other side, trust issues can be worked on and broken trust can be regained and even become stronger than it ever was before.

The critical ingredient in building and rebuilding trust is the willingness of both partners to do the needed work, for themselves and for each other.

We are going to look at what trust is, personal trust issues, and trust issues due to broken trust such as an affair, abuse, or other areas that trust may have been given and not respected.

Some trust issues are due to personal problems that one partner or maybe even both of you have towards trusting others in general, other trust issues may be due to specific relationship situations.

Let's first look at what trust means in a relationship

Feeling comfortable sharing your feelings, emotions and reactions with confidence that your partner will respect you and not take advantage of you for what you share with them.

Sharing your inner feelings and thoughts with your partner and knowing that they will keep what's shared as confidential, between the two of you.

Feeling assured that your partner will be supportive of you even when you let your guard down or show your weaknesses.

Let's assume your partner will not intentionally hurt or abuse you in any way under any circumstance.

Having an inner sense of acceptance that you are able to share secrets, knowing they are safe.

Having the faith to know nothing can disrupt the bond between you.

The ability to fully share your life with your partner allowing you, and them, to create a relationship built on an understanding of mutual respect, caring and concern that will assist one another in growing and maturing independently.

Feeling assured that you can be open about your background, problems, concerns and mistakes without being ostracized because of these things.

Knowing that your partner will treat you in a fair, open and honest way when you become vulnerable around them.

Now that we know what trust means, let's look at some trust issues...

Personal trust issues are common if you have

- Experienced emotional, mental, or physical abuse and/or neglect during any part of your life.
- Have been continuously put down for the way you feel or for what you believe.
- Have been hurt in the past and are not willing to risk getting hurt in the future.
- Had relationships in the past where you were belittled, misunderstood, or ignored.
- Experienced the loss of a loved one.
- Have gone through a hostile or bitter divorce, separation, or end of a relationship.
- Grew up in or lived in an environment that was emotionally and/or physically unpredictable and volatile.
- Experienced great pain at the hands of others.
- Struggle with low self esteem and cannot believe you are deserving of the love, care, and concern of anyone else.

Common beliefs of people who struggle with trust issues:

- I have been hurt before and will make sure I'm not hurt again.
- People are out to get all they can from you, so avoid them to survive.
- As soon as you let your guard down, you will get stepped on again.
- No one is to be trusted.
- You always get hurt by the ones you love.
- I get no respect from anyone.
- All men (or women) are dishonest and never to be trusted.
- Everyone is out to get me.
- As soon as you care and open up to someone, they will always leave you.
- There is no such thing as a healthy relationship.
- I can never let my guard down because all hell will break loose.
- If I give in and believe you have truly changed, relaxing my defenses, I am most certainly going to be hurt again once you backslide.
- There is no such thing as change in behavior. It is only manipulation by others to get their way with you.

- It is better to live alone for the rest of my life than to risk being hurt as I was.
- I will never let you know my true feelings again since, if I do open up, I'm afraid you will use them against me to hurt me.

Does any of this sound like you? Be honest, radically and brutally honest. It's okay. You might feel justified with those feelings, or perhaps you realize they are not realistic feelings in your marriage, yet you have them anyway. Spend a bit of time looking deep within and getting a clear grasp on the level of personal trust you have, whether it's due to marital problems or not.

Rate your personal trust level. One means you don't trust at all, ten means you have all the trust in the world in your partner. Make a note of that number for future reference to watch your progress or to determine if you need professional help to overcome deep trust issues.

Make a plan for working on personal trust issues; I'm providing a list of the personal traits you might need to work on developing. Your partner deserves your deepest efforts to trust them if they are providing a trustworthy environment for you. Don't make them a victim of your past or your self esteem issues.

While we are focusing on the traits that you may need to work on to become a more trusting person, I am not asking you to just trust your partner if there is an issue where trust has been broken. I'm asking you to develop these skills for yourself regardless of what your partner is doing. We will address rebuilding trust, from both sides of the issue next.

Personal traits needed to develop trust

Faith that when you become more open and vulnerable with your spouse that your actions will come back to you in ways that feel personally empowering. This faith will open a doorway in your partner's heart to become more open and vulnerable to you in return.

You'll need a deep commitment to providing a healing environment to your partner. This is a safe place where blaming, accusing, animosity, antipathy, bitterness, rudeness, sarcasm, and spite do not exist. It's a place where forgiveness, compassion, kindness, understanding and healthy communication to resolve problems and issues are the highest priority. Within this environment both partners are then willing to forget, to let go and to release themselves of the past hurts, wounds and pain, opening themselves to trust one another on deeper and deeper levels.

Reduce any sense of competition and start playing on the same team. Reduce jealousy and address any relationships outside of the relationship that cause issues between the two of you, whether that means setting boundaries with coworkers, or terminating personal relationships

that create problems. This will lower the barriers between the two of you so that there is a better chance for building trust.

I feel at this point I need to mention what I mean by relationships outside your marriage, we need to address extended family and children. Let me be very clear, **NO ONE comes before your partner – NO ONE.** Now, obviously sometimes children need more attention if they are sick or very young. I'm certainly not saying to neglect your children's needs, the same with aging or ill parents. What I am saying is that ideally, you and your partner should come together and then work with your children and other family members as a united front. This is best for your relationship and best for the children in regard to providing them with ultimate security and a feeling of stability. So, get a grasp on any differences you have in regard to raising children and create yourselves as a team, not opposing forces. This holds true in blended families as well.

As far as other extended family members such as parents, siblings, etc..., they are actually one of the top three reasons why people divorce. Sad, but true. No matter how close you are to your family, your partner needs to be put ahead of them on your list of priorities. They are the one sharing your waking and sleeping life with you. Your successes and failures in life directly affect your partner in ways that do not touch your other family members. That alone needs to be honored.

Become honest and open about your personal issues. Sharing your deepest thoughts about yourself, your perceived lack of healthy self-esteem, insecurity, or other issues are very important to share in order to reduce miscommunication or misunderstandings. This honest self-disclosure reveals your perspective on obstacles you believe you bring to relationships. This will allow you to put down the mask of self-defensiveness and will allow your partner to know you as you know yourself. It is easier to trust what is real than that which is unreal or hidden.

Become courageous in taking a risk to be open about all of your humanness. This enables you to become a real person for your partner. This is a crucial step in building trust between two people, because it establishes the parameters of strengths and weaknesses on which you have to work with within your partnership.

Begin practicing radical self-acceptance. Accepting who you are and knowing your potential is an important step in letting down your guard enough to develop a trusting relationship with others. If you are so insecure in your identity that you are unable to accept yourself first, how can you achieve the self-revelation necessary to develop trust? Accepting doesn't mean settling, you can always work on self-improvement, it means to accept where you are today while knowing you are a work in progress.

Release fear. Fear restricts your actions with others and keeps you stuck in bad places. Fear of rejection, fear of failure, fear of caring, fear of success, fear of being hurt, fear of the unknown and fear of intimacy are blocks to the development of trust relationships. Refuse to live your life based on fear.

Allow yourself to become vulnerable. Yes, you might get hurt, but if you can really lay the cards on the table of who you really are, it will enable your partner to begin accepting the truth of you. It's a great deal better to be hated for who you truly are, than loved for who you aren't.

This will allow you to build a foundation in trust development and allow your partner to more fully trust you because they will have the opportunity to know what is real about you.

Wow. That's a lot to digest isn't it? Take your time and highlight the areas that you feel you can create improvements in and then set an intention to begin improving on these points immediately.

This is some of the most important work you can do, for yourself and for your relationship. Work on one point at a time.

Personal trust issues may have been ingrained since childhood and you may need some professional help to truly work through it. If you need additional help, get it.

What about when you trusted your partner fully though, and that trust was broken? We are getting to that next.

Dealing with Broken Trust

Ah, now this is another ball game all together. Working to build trust after it's been broken by betrayals such as affairs or other forms of dishonesty is a true challenge. Both partners may end up feeling deep tests and trials while working on rebuilding trust. But trust can be rebuilt and you can find happier times ahead if you both do what it takes.

If You've Broke Trust

You made a mistake. Now you want to get over it, get back into a good relationship with your partner and put it all behind you. That's understandable. You can't just make it so though. There are very specific steps you need to become willing to take. Pay close attention to them, and don't worry, I'll be addressing things that your partner needs to do as well.

- **Become honest.** Whatever broke the trust, whether it was an affair, or a string of lies, or any other betrayal, you aren't going to be able to get past it until you become completely honest. Be honest with your partner, and yourself. If it was an affair, cut ALL ties with the other person, immediately and for good, no matter what.

- **Do not get defensive or assign blame.** Do not say anything at this point which will give the impression that your spouse “made you do it”. You must be completely accountable for your own actions. Be compassionate with your spouse, make amends, show that you are remorseful and wish to heal the situation. I’m sure it’s quite likely that they may have had a part in whatever happened, but this is not the time to address that in any way, shape, or form.
- **Become an open book for your partner.** If they feel they need extra assurance by having access to your cell phone, computer, email and social networking accounts, give it to them willingly. Do whatever it takes for your spouse to feel assured that you are going to do what you say you are going to do, and go where you say you are going to go. You may feel restricted because of this process, but it’s a necessary step in helping your partner realize that you are willing to honor the trust they are working to develop again with you.
- **Be prepared to answer any and all questions that your partner has a right to know.** This questioning time might go on longer than what you’d wish it to, but it’s not about what you feel is reasonable, it’s about what your partner needs. What is reasonable? A month, maybe six weeks or so, it really depends on what happened. Eventually the questions will have to be put to rest, but your partner is the one that needs to work on that, not you.
- **Give your partner the time they need.** Eventually it will not be fair of them to always bring up what happened, but again, that is something they need to work on.
- **Ask your partner what they want and need from you to help them begin to trust again.** Then meet their wants and needs to the best of your ability.

For the person that was betrayed

I am sure you have been in a great deal of pain. Perhaps you’ve decided to forgive your partner and want to move on, but those feelings of trust are very difficult for you to begin allowing. It’s okay to give yourself some time, but at some point, you have to let go and trust.

After a reasonable amount of time trying to figure out how whatever happened, happened, when the questions have been answered, then, you have to let it go. Do not bring it up every time you are having a difficult time together. Stop dwelling on it and stop holding it against your partner.

Begin to put your focus on what is happening today. I know it can seem impossible at times to fully let it go, but it becomes easier with time and someday you may even be able to feel gratitude that you went through this painful time as it may very well put your relationship in a better place than it was in before whatever happened, happened. Keep faith in that.

Deepening trust between the two of you

For this week, I want you to carefully consider ways that you can develop better personal traits in order to allow more trust to happen and act on at least one of them. What that looks like, is maybe sharing something with your partner that you haven't shared before. An insecurity that you have or a fantasy that you think about that you haven't shared with them.

If you need to build trust that has been broken, read through those lists and start applying the suggestions sincerely and to the best of your ability. That goes for both of you.

Finally, take notice of any attempts you believe your partner is making in this topic and make it a point to let them know that you notice and appreciate their efforts.

If you don't feel they are doing anything to make an effort, don't approach them yet. Otherwise your partner might start to feel resentful and inhibit whatever good steps have been taken so far. Some real changes start deep within and don't come to the surface right away, so just because you don't see an effort, doesn't mean it's not there. It will come out in time.

Trust is a serious issue, you aren't going to work through it in one week, but let this week be the stepping stone for you to begin to create this most important foundation in your relationship.

This was a large amount of information to cover and it may take you more than one week, which is just fine. There should be no deadlines on True Love. If you have questions, please feel free to [contact me](#). There is no charge for initial emails.

Conclusion

To wrap things up, I hope you're excited! Now, if you've made it this far, it's time to finally connect the dots to your relationship by downloading the "The Golden Key" eBook which covers all 8 time tested yet revolutionary concepts in depth.

These eight topics are specifically designed to create a total experience of deep and lasting love. The eBook is only \$10 and becomes priceless as the two of you experience "the lightbulb moment" as so many others have. It has encouraged couples on the brink of divorce to renew their vows, go on second honeymoons, and one couple even said their children began behaving better and "getting great grades in school", without them doing anything other than becoming a loving, mindful couple! [Order today](#) with instant download!

