

Building Trust

1. Thinking about your relationship history, has trust been compromised in some way? If so, how?

2. Does the rupture in trust trigger emotions from earlier life experiences? If so, what?

3. What do you need your partner to understand for you to move forward?

4. Think about moments that put you on guard and made it difficult to trust your partner. Describe one incident here:

5. What emotions did you experience at the time?

6. What emotions come up right now as you think about it?

7. Have you had the chance to talk to your partner about how painful or difficult this situation was for you?

8. What have you done to try to heal this rupture?

9. What does your partner do that helps you feel safe?
