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## Rebuilding Trust In A Relationship

Consider the following questions and write down your answers

Name: \_\_\_\_\_

Date: \_\_\_\_\_

1. What is trust to you?

\_\_\_\_\_

2. When was a time when trust was broken in one of your relationships?

\_\_\_\_\_

3. What were the circumstances surrounding the trust being broken?

\_\_\_\_\_

4. What were your thoughts and feelings in the aftermath of the trust being broken?

\_\_\_\_\_

5. What role did you play in the trust being broken?

\_\_\_\_\_

6. What could you have done differently to prevent the trust from being broken?

\_\_\_\_\_

7. What steps can you take to rebuild trust in this relationship?

\_\_\_\_\_

8. How can you avoid similar trust issues in future relationships?

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