

RE-BUILDING TRUST

WORKSHEET #14

There are many levels of trust and it takes a long time to build. Rebuilding takes even longer.

Our past experience with others and the specific person colors our trust.

It is not possible to trust without RISK.

It is not wise to risk without TESTING.

Some people trust too much, some too little.

"To be vulnerable to a hostile and angry man (or woman) is masochistic."

– R. Norwood

QUESTIONS TO PONDER

Self:

- Am I a trustworthy person?
- Am I honest?
- Do I keep secrets and promises or am I careless about these things?
- When my partner confides in me or I know something sensitive about him/her, do I treat such vulnerability with care or have I used this information to my advantage in fights or power struggles?
- How can I begin to be more trustworthy?

In Relation to My Spouse:

- At what level of trust am I right now with my spouse?
- Do I generally trust him/her too much or too little?
- Have I learned to build trust slowly, gradually, one small step at a time or do I try to force it and allow myself to be highly vulnerable without first testing? Or, am I too mistrustful?
- Do I demand iron-clad guarantees and refuse to risk or try again even when my spouse has apparently made genuine overtures?
- How can I be more realistic in my trusting?