



Tips from the **Divorce Support Club**

Rebuilding Trust in
Relationships

1 What is **trust**?

Trust is the foundation of any healthy and successful relationship. Let's begin by having a brief look at the dictionary definition of trust:

"A firm belief in the reliability, truth or ability of something."

"A belief that someone is honest, sincere, and will not do anything deliberately to harm you."



2 Why is trust **important**?

We may not realise this, but the ability to trust someone can have numerous positive effects on an individual's well-being. Trust allows you to:

Feel comfortable and at ease.

Be open and giving.

Navigate conflict whilst feeling safe and heard.

Rely on each other for comfort, support and care.

Share feelings and vulnerabilities.

Explore issues together.

3 Lack of trust

That said, a lack of trust can have the opposite effect, leading to:

- > Negativity
- > Misunderstanding
- > Conflict
- > Loneliness in a relationship
- > Insecurity
- > Depression
- > Anxiety



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