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Tips from the Divorce Support Club

Re-building Trust in Relationships

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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-Z

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

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

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2 Why is trust **important?**

We may not realise this, but the ability to trust someone can have numerous positive effects on an individuals well-being

> You feel comfortable and at ease

> Ability to share feelings and vulnerabilities

> Increased closeness

> Can rely on each other for comfort, support and care

> Allows nervous system to relax, re-set and rest

> Explore issues together

> Allows you to be open and giving

> Navigate conflict whilst feeling safe and heard

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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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4 A **relationship** built on trust

What does a relationship built on trust look like?

Words and actions match

Consistanacy and balance - no dramas or ups and downs

Say what you mean and mean what you say

Listen empathetically and ask questions

Keep and follow through on commitments
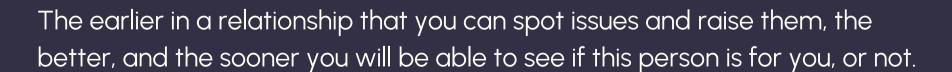
Acknowledge and take responsibility for mistakes

Be specific about what you will do in the future

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5 Learn from past relationships

Here are some questions to reflect on about past relationships.

> Could you be 100% yourself in that relationship?

> Where did compromise become sacrifice?

> When did you compromise your wellbeing for theirs?

> Did you filter your responses to protect their feelings?

> Did you find yourself making excuses for their behaviour?

> What were the red flags?

> What were the red flags?

> What would you do differently next time?

> What are you prepared/not prepared to compromise on?

The earlier in a relationship that you can spot issues and raise them, the better, and the sooner you will be able to see if this person is for you, or not.
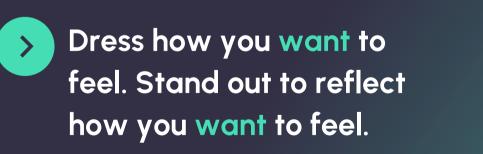
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6 Learn to trust yourself

Before you can trust someone else, it is so important to be able to trust yourself. Here are some ideas:

> Remind yourself of your qualities - what 3 words would your best friend use to describe you?

> Notice your successes, resources and what you can do, not what you can't

> Write down 5 things you are good at.

> Dress how you want to feel. Stand out to reflect how you want to feel.

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To summarise

Build trust slowly, over time.

Listen to your gut, if something feels off, it is off.

Set boundaries from the start, listen to how they respond. Can you trust them to hear you? Do they respect your boundaries?

Learn to trust yourself and your judgement.

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