



Tips from the **Divorce Support Club**

Re-building 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 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."

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

- 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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