

“Trust Development in Relationships”

Name: _____ Date: _____

As you struggle with the issue of trust within your personal relationship you will want to consider carefully the following topics in Part One that are critically important to the survival and health of your relationship. In Part Two you can use the five-step T.R.U.S.T. process to develop a plan for rebuilding trust following the crisis you’ve experienced. Feel free to use additional paper for your notes as you think about and respond to these topics.

PART ONE: “MY APPROACH TO RELATIONSHIP TRUST”

1. Refining trust . . .

Describe your personal beliefs about trust development in relationships, including what you originally expected regarding trust within this current relationship. (How is trust started and developed? How is trust strengthened and matured? How much trust do you want in your relationships? Why is trust important to you personally? How does trust help a relationship?)

2. Rejecting trust . . .

The trust in any relationship can be destroyed by either or both people. What are some actions that can decrease and destroy trust? How do these actions relate to violations, betrayals, lies, and deceptions? What specific things have you done that have hurt the trust in your current relationship? How much trust has actually been destroyed in your relationship because of your actions? How much positive trust remains in the various areas of your relationship?

3. Reclaiming trust . . .

When trust has been betrayed by certain attitudes and actions, what is the best way to rebuild or reclaim that trust so that the relationship can survive the crisis? What is your belief about the best way for you to reclaim the trust you’ve lost due to your personal mistakes?

PART TWO: “MY SOLUTIONS FOR RELATIONSHIP TRUST”

1. Five steps for reclaiming trust (using the T.R.U.S.T. acronym)

(You will need to use additional paper for completing these five steps)

Step #1: T = Truth (stopping the lies and telling the truth)

The lies I need to stop telling are as follows . . .

The truths I need to start telling are as follows . . .

Step #2: R = Realization (becoming aware of my mistakes and the harm that has been done)

I have made the following mistakes . . .

These mistakes have resulted in the following types of harm . . .

Step #3: U = Understanding (gaining insight about “why” the betrayal occurred)

I chose to commit the betrayal behavior because . . .

My behavior indicates that I need to work and grow in the following areas . . .

Step #4: S = Strategy (developing a workable Relapse Prevention Plan)

My Relapse Prevention Plan is as follows . . . (Sample outline is provided below)

Step #5: T = Tracking (monitoring the plan of action)

I will monitor my plan of action in the following ways . . .

2. Two issues to consider for trust development

Issue #1: Expressing apologies and extending forgiveness

(What apologies need to be made? How should the apologies be made? What type of forgiveness can be extended to the offender?)

Issue #2: Managing the protective “walls” that were erected by the injured partner

(How to release the walls yet reassure physical/emotional safety?)

“MY RELAPSE PREVENTION PLAN”

Note: This sample outline is designed to get you started on your own personalized plan of action. Use separate paper for finalizing and signing your own document. Best wishes in your effort!

1. Goal: My purpose with this plan is to _____.
(Briefly state your personal goal that this plan will help you to accomplish.)

2. Realization: (Identify and describe the specific things you’ve learned about yourself.)

- a. I committed the following betrayal behavior:
- b. I committed that behavior primarily because:
- c. I need to grow and mature in the following areas:
- d. Other things I’ve realized about myself through this crisis:

3. To fulfill my goal I am determined to avoid the following:

- a. People to avoid:
- b. Places to avoid:
- c. Activities to avoid:
- d. Other things I will stop/avoid:

4. To fulfill my goal I am determined to do the following actions:

(Possibilities: apologies, restitution, changing relationships, reading certain materials, getting personal/relationship therapy, support group participation, schedule changes, accountability options, self-disclosure of specific information, use resources, etc.)

5. I will track my progress and monitor this plan in the following manner.

(Describe how you will keep up with your plan. Regular “checkpoints”? An accountability person? How will progress be assessed?)

6. Commitment statement: _____

(Write down your willingness and determination to fulfill your Relapse Prevention Plan.)

Idea: What would be the benefit if you were to read this plan, commit to it, and sign it on a DAILY basis for ninety days? Would a 90/90 program (90 commitments in 90 days) be wise?

Signature

Date signed
