

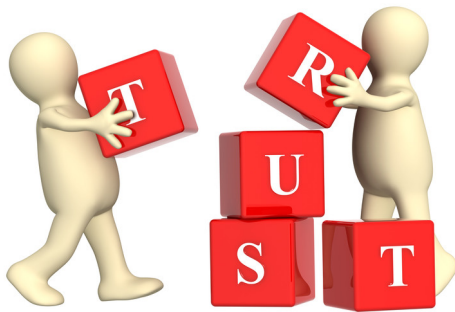


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This article is about relationships ... specifically, when trust is broken in relationships. We look at the eight things you can do to rebuild trust in your relationship

And don't forget, last time we discussed mindfulness in your daily life. Click [here](#) to find out more.

## REBUILDING AFTER TRUST HAS BEEN BROKEN

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For most people in intimate relationships, trust is the most important thing that makes their relationship 'work'. WITH trust, partners report that they feel secure, at ease and say that they give more and do more in their relationship. WITHOUT trust, partners report that they feel unsafe, defensive, and on edge; that they snoop or pry to 'prove' their suspicions; and that they hold back on love, affection, and giving within their relationship. So, if trust has been broken in a relationship (this can be anything from having sex with another person, to flirting inappropriately, or not being honest) ... is there anything that you can do to rebuild the trust? Glad you asked. Yes there is! If both partners in the relationship want the relationship to work, that is. Read on for the eight things you can do *together* to rebuild trust in the relationship.

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1. **Be Willing** : Both partners need to be willing to do the hard yards. Rebuilding trust doesn't happen quickly, and can often be a painful process for both people. Further, the person who has broken the trust must be willing to prove, in actions ... not just words (and often many times over) that they're truly sorry, and that they're committed to earning back their partners trust.
2. **Take Responsibility** : If you've broken your partners trust, you need to take full responsibility – for the hurt and pain you've caused your partner, and for the actions and choices you have made. This means no finger pointing (“I had sex with someone else because you didn't give me sex often enough”). It also means understanding why you did what you did, so that hopefully you can put in place strategies to not do it again.
3. **Communicate** : Both parties need to communicate openly and honestly after trust has been broken. If your trust has been broken, it can be healing to express how you feel and what you think. If you broke your partners trust, you will need to allow them time and space to express their thoughts and feelings, and ask any questions (remember to answer honestly ... even though you may be scared of hurting your partner more – nothing damages this process more than by telling another untruth).
4. **Be Transparent** : If you've broken your partners trust, then you need to be transparent with everything you do (even if it doesn't feel comfortable for either of you). This can include showing your partner every text message, FB message, Snapchat, Instagram, email, etc. that you get from ANYONE (and without being asked). This can also include being open with bank transactions and cash transactions. And it definitely includes being where you say you're going to be. If your partner doesn't have to guess what you're doing, they will rebuild their trust in you sooner.
5. **Agree** : Agree to some basic ground rules about how you're going to go forward in the short-term. This may include who you speak with, what activities you attend alone or together, communication while you're out by yourself, and communication regarding where you will be at certain times of the day.
6. **Follow Through** : If you agree to do something ... then it's simple ... do it! No if's or but's, no lies or excuses. I'm sure you've heard the saying “actions speak louder than words”. Your committed actions will help your partner to trust you again ... but broken promises, actionless words, or repeat offending won't.
7. **Evaluate** : Maybe this is a good time to take stock of your relationship. Maybe this event is a symptom of greater difficulties in your relationship. If you have the emotional, mental and physical energy – take some time to review the things that aren't working in your relationship, and come up with some ways to work on them, together.
8. **Be Compassionate** : One day you may feel like you take two steps forward, the next you may feel like you take three steps backwards. One day you may have hope, the next you may feel like it's hopeless. Know that this is completely normal and natural. Be prepared to ride the waves of this difficult storm.

If these strategies haven't helped to rebuild trust in your relationship, or if you'd like some help to work with these strategies, then maybe the assistance of a professional is for you.

If you would like help in rebuilding trust, please feel free to contact us on 0488 954 195, [amanda@awakenpsychology.com.au](mailto:amanda@awakenpsychology.com.au) or [click here](#)

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