

Name:

Date:

# REBUILDING TRUST IN A RELATIONSHIP

Reflect on the questions below and write your answers.

**1. What does trust mean to you in a relationship?**

**2. Describe a time when trust was broken.**

**3. What caused the trust to be damaged?**

**4. How did it make you feel?**

**5. What do you need in order to trust again?**

**6. What step could help rebuild trust?**