

REBUILDING TRUST

Name:

Date:

Consider the following questions and write down your answers.

What is trust to you?

When was a time when trust was broken in one of your relationships?

What were the circumstances surrounding the trust being broken?

What were your thoughts and feelings in the aftermath of the trust being broken?

What role did you play in the trust being broken?

What could you have done differently to prevent the trust from being broken?

What steps can you take to rebuild trust in this relationship?

How can you avoid similar trust issues in future relationships?