

Name : \_\_\_\_\_ Date : \_\_\_\_\_

# **Rebuilding Trust In A Relationship WORKSHEET**

*Consider the following questions and write down your answers:*

**What is trust to you?**

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

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**What were the circumstances surrounding the trust being broken?**

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

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**What role did you play in the trust being broken?**

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

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

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**How can you avoid similar trust issues in future relationships?**

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