

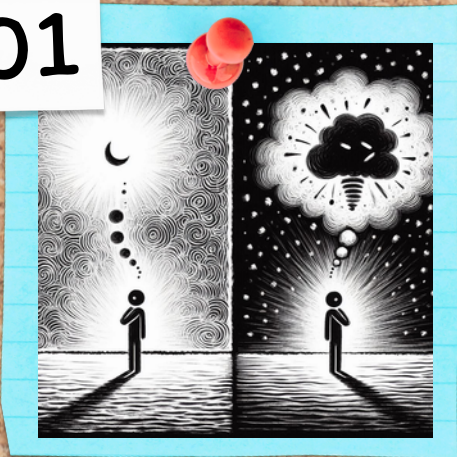


Making sense of



TRUST

01



Emotions included

Often when people talk about trust, they are referring to feelings, particularly feelings of doubt and belief. After a partner has betrayed our trust, we begin to experience feelings of doubt. Those feelings of doubt drive us to protect ourselves by withholding trust and limiting vulnerability.

Trust is an action

Whether you feel doubt or belief in your partner is not something you control directly. Try to accept whatever feeling comes up. Your actions are completely within your control if you are mindful of them. What action would you engage in if you felt belief? That's probably your trusting action.

02



Growing trust

Allowing yourself to be vulnerable with your partner gives them the opportunity to respond in a way that is respectful of that vulnerability. Repeating those two steps with each other consistently builds trust by reducing doubt and growing belief over time.

03

