

TRUST AGAIN



LEARN
HOW TO
TRUST AFTER
BEING BURNED

TRUST AGAIN ©



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INTRODUCTION

The most hurtful part of betrayal is that it usually comes from someone close to you. There's no chance to prepare your emotions for this deception because you usually don't see it coming. Even when signs indicate that someone close to you might be breaking some important trust, you may justify that this is not what's happening.

Sometimes this is the person most important to you, the person you've decided to share your life with. Perhaps it's a longtime business partner. It might be that a friend of yours seems to be acting dishonestly.

This can't be. You refuse to believe it. Many people in this situation put blinders on because they can't deal with the idea that someone close to them has hurt them.

Denial can relieve the pain of getting burned by someone you care about, but eventually, you must face the situation.

If this happens to you, one of the first questions you will ask yourself is if you'll ever be able to trust anyone again.

It's a normal reaction to become defensive. You begin looking at your personal and professional relationships with a microscope. If you're not careful, you can see problems where they don't exist. Then your distressed emotional state can have you acting out in a way that damages relationships with people who have been loyal to you.

Believe it or not, it's possible to trust confidently and completely after you've been burned.

You can do certain things to keep one person's betrayal from wrecking your personal and professional relationships with others. What might be even harder to believe is that you can learn to once again trust the very individual that caused you so much pain.

That's the healthy emotional place you can reach with this report.

We are first going to share a definition of trust with you. After defining the word, we'll talk about what it is, what it means, and why it's so important for the most fulfilling and successful personal and professional relationships. If you've been betrayed by someone close to you in the past, you understand that there are consequences that accompany a broken trust. We'll look at some repercussions you encountered when someone you trusted was unfaithful or dishonest.

To help you heal, it's important to understand why the trust was broken in the first place. Was it intentional? Could it have been unintentional and possibly the byproduct of some innocent behavior? There are specific reasons why betrayal occurs, whether you're dealing with a business partner, a coworker, a friend, a spouse, or a life partner.

We'll look at why trust is broken, hoping you can address some of these issues before irrevocable damage is done to your relationship instead of dealing with the aftermath.

There are powerful negative psychological and emotional effects of a betrayal of trust. They can't be ignored. You'll have to face them to put this experience behind you in a positive way. That means learning to deal with the many emotions you may be blindsided by when some trust has been broken.

Finally, you'll discover some proven methods for rebuilding your ability to trust in the future. You'll have to learn to forgive, as hard as that may be. This doesn't mean you should forget the betrayal, or you could go through this process again, possibly with the same person who hurt you.

As you probably understand, effective communication can prevent a lot of problems. Whether you are forming a business partnership or giving your heart to someone, you need to communicate clearly before the relationship is developed, during the relationship, and after any sense of betrayal is felt.

To help you learn how to trust once again after getting burned, let's begin by cracking open Webster's dictionary.

DEFINING TRUST AND WHY IT IS IMPORTANT

The digital version of the venerable Webster's dictionary gives the following definition for the word betrayal:

- A violation of a person's trust or confidence or a moral standard.

They give this word such descriptive synonyms as backstabbing, disloyalty, unfaithfulness, and infidelity. Those are words most people don't want to be attached to their good name.

Here are a couple of ways Webster's defines trust:

- Assured reliance on the character, ability, strength, or truth of someone or something.
- Dependence on something future or contingent.

Let's work backward, starting with that second definition of trust. Business relationships are often formed where one individual or business entity depends on another to provide something in the future.

This happens all the time with venture capitalists. An entrepreneur with a business idea catches the eye of a VC, who provides the money needed for the business startup and ongoing costs, and he, in turn, expects the entrepreneur to do certain things.

If the entrepreneur takes the VC's money and doesn't hold up his end of the bargain, the trust that was agreed upon has been betrayed. This could happen entirely innocently. Perhaps the entrepreneur acted in good faith and did everything required, but the business didn't work out.

Sometimes an entrepreneur in this position will intentionally underperform. His true motive lies in acquiring money with no intent to follow an agreed-upon contract or plan of action.

In a personal relationship, that first trust definition comes into play. When infidelity enters a relationship, the character of the offending party is obviously in question. It can't be relied upon. This might've happened because of a weakness in a singular moment. Such behavior may never happen again and might never have happened in the past.

Even so, once that trust is broken, it can be tough to repair.

A venture capitalist that loses money because of a broken trust can always make more money. A person whose heart has been broken or whose feelings have been hurt has lost something much more valuable than any money.

That brings us to the ramifications of betrayal. Does the venture capitalist lose their investment, or is more at stake? If a friend betrays your trust, do you lose that one friend, or are there other issues that can develop and cause more problems? Let's look closely at the real effects of a violation of trust or confidence.

The Consequences of Broken Trust

A belief that you can't trust anyone in the future is possibly the most damaging repercussion of betrayal. You've been burned once, so you'll lock your emotions and trust away so they can never be mistreated again. This is often a knee-jerk reaction to something that has caused you much pain.

It's totally understandable to react this way. That doesn't mean it's the best move. Later we'll share a few strategies for rebuilding trust, even if that seems impossible. Here are a few more common consequences of broken trust.

- Denial, disbelief
- Anger
- Anxiety
- Resentment (of the offending party and of yourself)
- Thoughts of revenge
- Financial damage
- Sickness, illness
- Self-harm and harm to others
- Termination of a relationship
- Harm to other relationships

We mentioned earlier that a betrayal of trust often catches someone totally off guard. This is why denial and disbelief are some of the first emotions the offended party encounters. Anger might not be far behind. Whether the relationship is personal or professional, anxiety is common.

When this happens to you, there might be a feeling of resentment. You become bitter toward the person who treated you unfairly. You may also feel this anger towards yourself because you believe you should've seen the betrayal coming. Thoughts of revenge might pop up, and that's never a good place to go in your mind.

When your trust is broken, it could cost you financially. This is true if you get burned by your spouse or a business partner. Sometimes the emotional and psychological damage is such that a person can become physically sick or develop an illness.

Some people respond by turning to alcohol, drugs, or other addiction to self-medicate. In extreme cases, they may attempt to harm anyone they feel had a hand in causing them this pain or even harm themselves.

If someone feels truly and deeply burned to the point of no return, they can terminate the relationship. No matter what type of betrayal occurred, the offended party may harm other important relationships even though they had nothing to do with the broken trust.

As you can see, some consequences of disloyalty, infidelity, deception, or a downright manipulation of trust can be very serious. Understanding what may happen to you in this situation can help you pump the brakes and step away from the experience before you do further damage.

As with any negative life experience, preventing it from happening in the first place is the best course of action. You can do that when you know why people feel betraying your trust is in their best interests. Let's take a look.

UNDERSTANDING WHY TRUST IS BROKEN

Once you feel that someone has betrayed you, once it sinks in and you realize this really happened, you may have some common questions.

- "Why did they do this to me?"
- "Did I do anything to cause this? Am I at least a little to blame?"
- "What were they thinking?"
- "Why didn't I see this coming?"
- "How long have they been planning this?"
- "What do I do now?"
- "What is this going to cost me?"
- "Am I ever going to be able to go back to the way it was before?"

These questions are behind your effort to make sense of what happened. It's not uncommon to speak them silently in your mind or even shout them out to the world. You are so distraught, and there are so many different emotions you're experiencing. You just can't believe they did what they did and want to know why.

That last part is important. Understanding why someone broke an important trust is necessary for several reasons.

First, it helps you understand yourself and the offending person better. You look at things objectively, not choosing sides. Put yourself in the other person's shoes. If it is possible to have a healthy and adult discussion, then do so.

Perhaps a business partner repeatedly asked you to agree to some investment or to take the business in a certain direction. You repeatedly put them off. You said you would discuss it next week, month, or quarter. They got tired of waiting and made a move without your consent. This isn't to say that you are to blame here. We're just saying that you might be able to better understand where your business partner is coming from.

Reaching an understanding as to why you were betrayed goes a long way toward helping you recover. Keep an open mind, and you might be able to sympathize with their mindset, if not their actions.

This doesn't mean you have to automatically kick this person out of your life, whether this was a betrayal of a business or personal relationship. In many cases, a broken relationship can be repaired.

You also get to understand yourself a little better. The hurt is there, and knowing why it happened is important. You discover that certain actions that another person takes can cause certain emotions in you. This may be the first time you've ever been forced to feel this way.

This is one way that negative emotions can create something positive if you let them. They tell you more about yourself, and you can use this knowledge to improve your professional and personal relationships in the future.

Secondly, it might be able to keep this from happening again. This is not to say that you were at fault. Not at all. Don't blame yourself when others do you wrong. It's a good idea to see if you somehow influenced an issue in a relationship, but be careful when you go down that road. You can wind up blaming yourself entirely for something that wasn't your fault.

We are referring to identifying reasons for the betrayal and then using that knowledge to place safeguards in the future. This is especially true in business relationships. You can use this unfortunate experience to create better contracts or communicate more clearly in future relationships.

You might identify telltale signs you ignored in relationships with family, romantic partners, and friends. If you weren't ignoring them entirely, you didn't think they were a big deal.

These signs tell you that something might be wrong in the relationship. You can look for these types of behaviors in your personal relationships in the future and address them as soon as they pop up to hopefully prevent this from happening again.

Common Reasons People Betray Others

Betrayal is emotionally based.

A business partner wants more money out of the relationship. Perhaps his personal finances are in bad shape. So he breaks the trust made with you, his business partner, and begins to abuse company funds. Emotions of fear, greed, and perhaps resentment of himself and of you lead him to his actions.

You find out that you've been cheated on by your romantic partner. The emotion involved here could be sexual desire. Sometimes a partner strays because they don't feel appreciated. Sex may be involved in the betrayal, but it's not the primary reason for disloyalty.

Here are a few reasons why trust can be broken in personal and professional relationships.

- **Sex**

We mentioned this above and brought it up again because it's been around forever as a physiological desire and a reason for betrayal. A person might believe their sexual needs are not being met. Sometimes this can lead to infidelity and disloyalty in a relationship.

- **Money**

About 5,000 years ago, Mesopotamia created what is believed to be the first type of currency, the shekel. Before then, bartering occurred when an individual had something another person wanted. As long as there has been a measurement of wealth, humans have broken trust to obtain it.

- **Feelings of Inferiority**

Your business partner feels like he's just along for the ride, with you making all the important decisions. At work, nobody asks a coworker for their input. Your spouse feels like everyone views them as unimportant in comparison to you.

- **Desperation**

A woman feels like she is in a romantic relationship headed nowhere. A business person feels like the financial grass is greener somewhere else. A man is tired of his partner always putting him down and verbally abusing him in front of others. An employee of yours sees every one of his coworkers doing better than he is doing.

These feelings of desperation may or may not reflect what's happening. As long as a person feels like they have been pushed into a corner, whether they are correctly or incorrectly viewing their situation, this desperation can lead to betrayal.

- **The Clock Is Ticking**

People sometimes break an important trust because they believe they are running out of time. A woman who wants children is married to a man who keeps putting it off and doesn't want to discuss it. She feels that her motherhood clock is ticking.

A person regrets going into business with you. You have formed a time-restricted agreement of some kind. This person believes that you are not as aggressively interested in getting the most out of the deal as he is before the time expires.

Fear of mortality is a very real motivator behind some betrayals. Someone might have a pretty good life. But they see their mortal clock running out of time in their minds, leading to drastic actions. Often termed "middle-aged crazy," this perceived midlife crisis happens to men and women alike.

- **Any Powerful Emotion Can Be the Cause behind Betrayed Trust**

Emotions can cloud judgment and fuel irrational behavior. Sometimes a perceived situation isn't based on reality. That doesn't matter. As long as a person believes they can benefit in some way, and their benefits are greater than the damage they're going to cause in their mind, they can rationalize taking action.

That is really the key behind all the reasons for broken trust. A person believes they can significantly better their situation in some way.

In many cases, the constant communication of expectations, desires, and feelings can prevent a betrayal. At the very least, this alerts you in advance that if things continue on a certain path, a personal or professional relationship might be damaged.

COPING WITH THE AFTERMATH OF A TRUST BETRAYAL

Now that something has happened, what do you do? You are dealing with a lot of emotions right now. What do you do to make sure you don't do something you will regret later? The first thing is to understand that any feelings you experience are okay.

You must also remember that just because you have a feeling or a thought, it doesn't mean you should act on it. We sometimes do things instinctively, which doesn't lead to the best outcome. To keep this from happening to you, let's take a look at what you might be experiencing.

Emotional and Psychological Effects of Getting Burned

Betrayal trauma is a phrase used by psychologists, psychiatrists, and therapists. It refers to the lingering effects of betrayal. Long after your trust has been broken, you are still affected negatively by it.

This can cause you to believe that you can't trust anyone else in the future. That is a limiting mindset because it might keep you from enjoying wonderful personal and professional relationships. You choose to shut down and isolate yourself from others. This can have damaging emotional and psychological effects.

Someone betrayed might begin to believe this is what they deserve. This is never the case. No one deserves to be betrayed and have their trust broken.

Even if the harm isn't lingering, it stings. You may face a few psychological and emotional issues if someone important to you has betrayed your trust.

- **Self-Blame and Low Self-Esteem or Self-Image**

You can't control other people. Sometimes you find it hard to control yourself. While something you did or didn't do might have made it easier for someone to betray you, this is in no way your fault. Never blame yourself for the actions of others. Don't look down on yourself because of something someone else did.

- **Resentment of Yourself and Others**

Resenting yourself is emotionally damaging. We all make mistakes. Learn from them and move on. Resentment of others is not healthy either. It's like a closed door. When you resent others for their part in some betrayal, you may shut them out of your life entirely. This can damage your psychological and emotional wellness when resentment is allowed to fester.

- **Thoughts of Self-Harm and Harming Others**

Sometimes the psychological damage from betrayal is too much for a person to deal with in their mind. This can, unfortunately, lead to thoughts and attempts of suicide. Sometimes the physical harm is directed towards the betraying party and anyone who happens to be around when a person has decided they've had enough trying to deal with betrayed trust.

- **Anxiety, Depression, Nightmares, Panic Attacks**

You may frequently encounter anxiety until you can accept what happened and move past it. Stress and depression are common feelings. Panic attacks and nightmares are severe reactions.

- **Physical Pain, Digestive Issues and Eating Disorders**

Emotional pain can hurt physically. The stress encountered when a betrayal is experienced can lead to digestive issues. Uncertainty, resentment, anxiety, and

other negative emotions can wreck how your digestive system works. This is why betrayal sometimes causes nausea, stomach distress, and other digestive issues.

Some people reach for food to improve their mental state, while others stop eating altogether. Neither of those eating disorders is healthy, physically or mentally.

- **Self-Medication**

People may turn to alcohol, prescribed or illicit drugs, gambling, sex, or other addictions to take their minds off what they have experienced.

- **Difficulty Expressing and Managing Emotions**

Psychological damage can cause emotional symptoms. Betrayal can cause a person to turn a blind eye to their emotions. They find it difficult to recognize certain emotions in others and have difficulty managing their own emotions and healthily expressing them.

Here are a few more common effects of trust betrayal.

- Shock
- Shame
- Isolation, withdrawal
- Grief
- A feeling of loss
- Obsession
- Dissociation
- Distrust (of oneself and others)
- Overall pessimism
- Lowered expectations

Shock occurs when you don't see something like this coming. You may encounter shame, often caused by inaccurate feelings that you are somehow to blame. This can lead to isolation and withdrawal. Feelings of grief and loss are common when a broken trust can't be repaired.

You may obsess over the situation or the people that you feel did you wrong. Dissociation can be troublesome. This happens when people remove themselves from their environment, the people around them, or themselves. They can't deal with the situation healthily, so they remove themselves from it mentally and possibly physically.

If this happens to you, then you might distrust yourself. You believe you can't count on yourself in the future to form healthy relationships, even though what happened wasn't your fault. Unfortunately, if the betrayal is damaging enough, you may lose trust in others, which can keep you from beneficial life experiences.

Some people develop overall pessimism. They begin to see the potential downside of everything. Others respond to a broken trust with lowered expectations. They begin to believe that they don't deserve positive outcomes. They lower their expectations regarding friends, family members, coworkers, and business partners. They look at themselves as less than what they could be.

You Are the Only One in Charge of Your Feelings

When you put yourself out there and give someone else permission to enter your life in a big way, that's a display of trust. If that trust is broken, remember it has nothing to do with you.

Often times we give others the ability or the opportunity to create our experience. That happens when you decide to trust someone personally or professionally. Once that trust is placed, remind yourself you have no control over what someone will do with that trust.

You are the only person in charge of your contentment.

That means whether relationships create positive or negative outcomes, you can still make healthy psychological and emotional choices. You can't control much of what happens in your life, but you can control how you respond.

Remember this when you get burned by someone with an important place in your life.

Strategies for Dealing with a Betrayal of Trust

Would you like an unfortunate truth? Seeing as it is unfortunate, you may not be ready for what we're about to say. Here it is, anyway.

Important people in your life are going to betray you.

There it is. We said it. If you are in such a good place that you haven't had to deal with a betrayal of trust yet, there are two things we would like to share with you. First, we are very jealous! Secondly, get ready.

It may sound terrible to have to expect something like this. On the other hand, when you prepare to deal with a traumatic situation, you can minimize the damage.

You take away some of its sting. It hurts, but you recover faster than if you weren't properly prepared beforehand. Here are a few methods for dealing with a trust betrayal, whether the damage is caused by a business partner, coworker, romantic partner, friend, or family member.

- **Recognize the Betrayal**

Acknowledge what happened. Turning a blind eye to something difficult won't make it go away. Ignoring it can actually make the situation worse. Get a clear idea of all the details involved and recognize that trust has been broken.

- **Step Back, Take a Break**

Whether the broken trust involved a family member, coworker, business partner, romantic partner, or someone else, it might be time to step away from that relationship for a while. If not, you can do irreparable damage and create new problems which might even be bigger than the one you're dealing with now. This is the perfect time for the next tip for dealing with getting burned.

- **Give Your Emotions Your Full Attention**

There is a very good reason people tell you to "let it out" when you are emotionally distraught. There is something very transformative about allowing your emotions to have their day in the sun, whether good or bad. You should never feel shame or guilt because of anger or disappointment, feelings of revenge or self-doubt, or any other emotion you experience.

This is especially true when someone you trusted dearly has caused emotional damage. Let your feelings out. Scream and shout. Ask those unanswerable questions. Do this on your own time and space so you don't lash out at someone and cause additional damage.

- **Perform a Then-and-Now Appraisal of the Relationship**

This can be tough. It requires honesty. No relationship is perfect, so don't start by saying that you had the only perfect relationship in human history and then this person ruined everything. What was the relationship really like before?

Don't blame yourself, and be objective. Were things heading to this conclusion, and you decided to put off dealing with them? Did you perhaps accidentally or inadvertently play a role in some way? What did this personal or professional relationship provide you with before the trust was broken? Does it look like he can be repaired? How is the relationship now?

It would help if you answered all of these questions. As you do so, you are undergoing a healing process that helps you recover emotionally and psychologically.

- **Give Yourself Time to Grieve and Grow**

If a relationship is destroyed for good, you need time to grieve. Infidelity, abandonment, and other betrayals in a romantic relationship could mean no going back.

If that's the case, think about the good times. What positives can you take away from the relationship? How was it good emotionally, physically, mentally, psychologically, or financially? Appreciate what there is to appreciate, and recognize where the involvement with this other person could have been better. If there is no chance at a future relationship, give yourself time to grieve, and then move on.

- **Practice Self-Love and Self-Compassion**

One of the first things you need to do is embrace yourself. This isn't your fault. Don't go there. Tell yourself all the things you did right in the relationship. Remember the times when you were the one bending over backward to make things good for both parties.

Don't spend any energy beating up the offending person. They did what they did. All you can do now is treat yourself with compassion and love.

You are worthy of the best relationships, both professionally and personally. Take time to practice self-care and tell yourself everything will be okay. You can choose healthy growth and wisdom as a byproduct of this betrayal rather than negative emotions that can cause problems in the future.

At this point, you've been dealing with healing. These methods help you handle your emotions and any psychological issues you might encounter when you get burned by someone you trust. Now it's time for repair. Here are some practices that can help you rebuild trust if a personal or professional partnership can be salvaged.

STRATEGIES FOR REBUILDING TRUST

Now that you know a few methods for dealing with the mixed emotions caused by a betrayal of trust, what's the next step? How do you continue your recovery? The answer is to learn to trust again.

Here are a few strategies for reconnecting with someone who has burned you. They can also help you move forward in other personal relationships and professional situations so you can confidently place your trust in others.

Trust In Personal Relationships

The closer you are to someone, the harder it is to forgive betrayal. That makes it so difficult to forgive and move on when the person you gave your heart to has broken some important trust. You might experience multiple times in your recovery when you feel like calling it quits.

Before you do, take a break and calm your emotions. In many ways, this is the most important person in your life. The reason why this hurts so bad is because you love them so much. Doesn't that mean that even though this might be extremely difficult that it's worth trying?

This brings up one of the unique challenges of learning to trust again when the betrayal comes from someone so close to you. It isn't like dealing with a workplace betrayal or a business partnership. Odds are that you see your romantic partner every single day and possibly live with that person.

This makes it uniquely difficult to trust again.

You start picking apart the smallest actions. What did she really mean by that? Is this a sign that he's about to betray me again? Suppose you don't embrace the emotional and psychological healing practices we shared with you earlier. After

you've decided to trust again, this type of micromanaging of a relationship allows very little room for a healthy recovery.

Another way this situation is different from some other trust betrayals has to do with the person who hurt you. When this is a person very close to you, they can be just as devastated as you are.

They start to wonder what made them do what they did. Their emotions are just as raw in many situations as yours. They can fall prey to many of the negative emotions that you have to deal with. They may experience low self-esteem, shame and withdrawal, anxiety, depression, and self-resentment and think about harming themselves.

While your emotional and psychological needs should be addressed first, remember this.

The person that betrayed you also has emotions and psychological issues they have to deal with related to this betrayal. It will take some work if you believe the relationship is worth salvaging. Here are some strategies for rebuilding trust in personal relationships to help both parties grow and progress healthily.

- **Communication Is Key**

If the lines of communication had been open before this happened, it might have prevented the situation. That isn't always the case. Sometimes people act selfishly, even when there is good communication in a personal relationship. All the communication in the world won't keep someone from betraying you if they only care about their own needs.

Moving forward, you will have to set up some clear communication guidelines. This is true whether the person you are trying to trust again is a friend, a family member, or a romantic partner.

Sometimes, the offended person will suggest that the matter should be forgotten. The idea is to move ahead with a clean slate. That takes a lot of strength and might sound like a good idea. It really isn't. Although it will be incredibly difficult, you need to talk about what happened with the person who burned you and hurt you so deeply.

Then, after the emotions have died down, agree on how communication will take place. This can be different with different people, so agree on what healthy communication looks like to both of you. It's important because a miscommunication or misunderstanding can cause just as much, if not more, harm than intentional betrayal.

- **Forgive, but Don't Forget**

Okay, you've talked it out. You've laid down some guidelines for communication in the future. That's great. That's the first step to learning to trust again.

Now you need to give full and unconditional forgiveness while remembering that this occurred. It is something that happened. You can't simply forget it. Forgiveness is important for moving on and having a healthy relationship once again, but don't forget that this unfortunate situation exists.

Remember that forgiving someone doesn't mean you are justifying their behavior. You're not saying that what they did was okay by any means. It means that even in the face of how badly you hurt, you value that person in your life enough to forgive them.

You should forgive yourself as well. Forgive any bad feelings you had about this person after they hurt you. Forgive any blame you incorrectly put on yourself. Forgiving you and the person who betrayed you is incredibly empowering. It says that you've come to terms with what happened and are strong enough to move on.

- **Don't Obsess and Dwell over What Happened**

We just mentioned that you shouldn't forget this difficult experience. That's true because if something unfortunately similar happens in the future, then you'll understand this isn't a one-time occurrence. It could be a pattern of behavior that is going to continue.

Store it away in your memory banks, as you've done with all the wonderful memories you've had with this person. That's not to say that you should constantly revisit it. You definitely don't want to do that. Don't dwell on the past.

Continually obsessing over any experience in a personal relationship boils the entire relationship down to that one event. It doesn't allow you to see everything that person has to offer. It's also unfair to yourself. You could become so bitter that your obsession damages the relationship to the extent that healthy recovery is impossible.

- **Consider Therapy**

Talk to your friends. Seek support from family members. You should understand that when you turn to friends and loved ones for support in this situation, they may not be properly equipped to give you the help you need. This is when you should seek help from a therapist.

A licensed therapist has been through the situation with others before. They can show you how to repair a relationship where trust can be shared again. Nothing is embarrassing or shameful about getting a trained professional to help you if the relationship is worth saving. Even if you end the relationship, getting therapy for yourself can be beneficial.

- **Give Yourself Permission to Trust Again**

This is big. You need to constantly tell yourself it's okay to trust others. There's been a lot of effort to heal yourself and trust the person that wronged you. Don't let all of your wonderful work go to waste.

When you are faced with a situation in the future where you will have to trust this person or someone else, engage in some silent self-talk. Give yourself permission to trust. If you heal properly and decide to accept the situation and move on, then you owe it to yourself and others to trust again.

If you don't, you are limiting your opportunities to enjoy healthy, fulfilling relationships. So when you are contemplating giving someone trust in the future, base your decision on that particular situation and not this experience.

Trust In Professional Relationships

When trust is broken on the job, it probably won't open your heart as it can in a personal relationship. That doesn't mean it won't hurt. Sometimes we become very good friends with our coworkers. This makes sense because we spend a lot of time with the people that work alongside us.

Trust can be broken when your boss or manager does you wrong. A business partner might burn you financially or in some other way. You have to tread lightly because there are some unique challenges that your professional life provides that must be considered.

First and foremost, your boss can fire you. This isn't like an emotional relationship where you are both on a level playing field. What happens if you talk to your boss about some way he has betrayed your trust and he decides to fire you? The power dynamic will not always be balanced in your professional life.

Secondly, think about a situation where someone you work with daily has broken your trust. What do you do then? How do you handle the situation? There are

unique factors you need to consider with coworkers, bosses, and business partners that you may not have to consider in a personal relationship.

If a friend, family member, or romantic partner damages you in such a way that there is no recovery possible, you can move on. This may not be the case on the job. You might need to keep your current job even if a betrayal of trust has occurred. You need to pay your bills, so you can't leave the job because you got burned.

Keeping those things in mind, here are a few proven methods for rebuilding trust in your professional life. They help you forgive someone who betrayed you at work or in a business partnership and allow you to feel good about trusting others.

- **Talk to the Offending Party, but Be Careful**

This might be a good idea, and it might not. If a coworker with the same amount of company clout and experience as you promised to cover your shift and didn't talk to them. Tell them you got into trouble because they didn't honor their agreement.

If you and a business partner have a 50/50 agreement concerning control of a partnership, then get on the phone. Sit down in person and let them know how they broke your trust. Have a talk. Be very frank, and don't beat around the bush. Talk about expectations moving forward and the possibility of legal action if certain things don't happen.

Professional situations like these paint a beautiful picture of the future. Let these people know this is just a speed bump (only if you feel this way). You're more than willing to trust them in the future if certain things happen.

In some professional situations, you won't be able to talk to the person that betrayed you. This is where you have to be careful. It can be career suicide to get

in the face of a manager or boss, even if you are in the right. In those situations, take this next step.

Seek Support

Talk to someone about your feelings and the incident that broke your trust. In most cases, it's important to let your manager or supervisor know what's happening. Sometimes that may not be possible, as we talked about above. You might be able to talk to coworkers if you feel like they've burned you somehow.

If you have been betrayed by a boss or manager and you are concerned that talking to them personally might not be a good idea, sit down with your human resources manager. If you're dealing with a business partner who did you wrong, you might need to seek legal advice.

It's going to be tough to trust this person or others in your professional life again if you don't feel like a level of support will be available when needed in the future.

- **Write It Down**

What can you take away from this experience? Good or bad, your fault or their fault, no matter what happened, there's one certainty.

There are lessons to be learned.

The key here is not to judge. Just write down things as factually as you can. Somebody broke a professional trust. What did they do, what did you do, how did you respond, how did they respond, and what happened because of this experience?

You can learn important things from some of the toughest times of your life. This is the case here. Record this information. Refer to it when a similar professional situation begins to present itself.

Catalog what your coworkers, managers, and bosses do when they break a professional trust which has been put in place. A record of this information can protect you if someone higher than you in the company hierarchy decides you are expendable.

Having agreements and expectations written down makes it easy to trust others. Everything is clearly communicated. This gives you a greater chance of trusting people in professional relationships, and it gives them a sense of trust as well.

It would help if you wrote everything down in the future before you enter a business partnership. This might sound obvious, but if you leave anything out of a business contract, it can come back to haunt you.

The same is true with any job you take. Get copies of everything you have to sign. Trust is a two-way street. Your employer trusts you to do certain things, and you must also trust them. A legitimate employer shouldn't mind giving you copies of any paperwork you must sign.

- **Move On**

If the situation is irreparable, you might want to consider getting a new job. Take up the same position with another company. Absolve a business partnership if it looks like there's no recovery possible. Cut your losses and move on.

If you are the owner of a business or a boss or manager and one of your employees has broken an important trust, perhaps letting them go is the smartest move. It gives them a fresh start somewhere else and lets you focus your trust on other employees who have earned it.

This is an extreme move, but it allows you to start over with a new slate. You recognize that this bad situation is now in your rearview mirror. Tell yourself that

you've dealt with it. Please don't hold it against future business partners, coworkers, managers, bosses, and others you will meet professionally.

Because of office politics and other factors, professional relationships sometimes can't be repaired in your best interests. At that point, you owe it to yourself to pursue other options.

CONCLUSION

Now it's time to put what you've learned to good use. Start communicating clearly in all of your relationships. Talk about feelings and expectations with your friends, family members, and special somebody.

Business relationships should never take place without lots of paperwork. That may sound grueling and like the last thing you want to go through, but getting everything down in writing is important. It can help you make the best of a bad situation if a business trust is betrayed.

If you get burned in any aspect of your life, don't let that sour you into making great connections in the future.

A business deal that goes south shouldn't stop you from entering agreements with other potential business partners in the future. Just because a coworker or boss betrays you in some way doesn't mean that every workplace experience in the future is going to be the same.

Infidelity stinks. It can be the single most difficult emotional issue a person goes through in their life, only behind dealing with losing a loved one. Just because it isn't easy to overcome doesn't mean recovering is impossible. When a romantic partner breaks your heart, don't let that sour you on all future relationships.

In many cases, it also doesn't mean the end of that particular relationship. Some of the strongest bonds two people can form are those that have been tested. Both business and personal relationships that have made it through difficult times can be very fulfilling and rewarding.

No matter what your personal experience is with getting burned, remember that forgiveness is important.

Forgive, but don't forget. The ability to forgive others who cause you great harm empowers you. It's about you becoming stronger because you respect your ability to overcome this situation. Forgiveness heals you, and it doesn't necessarily mean you are in any way obligated to resume the relationship that has been damaged.

The biggest takeaway is to remember that you can recover and learn to trust again.

Everybody gets burned at some point in their life. It happens to the best of us, and you'll probably live through this experience more than once. You'll get through it. You have to permit yourself to turn this unfortunate situation into something beneficial. Then move forward, remembering any lessons you've learned and without pre-judging future relationships according to this experience.

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