

# TRUST AGAIN



THE WORKBOOK

BETTER THAN EVER WORKBOOK ©



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## INTRODUCTION

Trust forms the foundation of healthy and fulfilling relationships, whether with a romantic partner, a friend, or a colleague. When trust is broken, it can deeply impact our emotional well-being and strain our connections with others. However, trust can be rebuilt with time, effort, and self-reflection.

This workbook is designed to guide you on self-discovery, healing, and growth.

By engaging in the exercises and reflections on these pages, you will gain insights into your trust patterns and develop the necessary tools to restore and strengthen trust.

## SELF-REFLECTION

An important step to begin to trust again is to look honestly at the times you were betrayed.

You don't have to examine every single time your trust was broken, but examining major instances – while painful- can be helpful.

### Examples:

- *Your parents not giving you the love and support you needed*
- *An ex who cheated on you*
- *A boss who promised you something but then reneged*

### Brainstorm The Biggest Betrayals of Your Trust

For now, just jot down the biggest betrayal(s) you have dealt with. Don't examine them yet; just write down the first memories that pop into your head.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

This might not have been the most comfortable exercise, but it was an important step towards healing.

The next exercise will be just as tough – if not tougher. You must reflect on the above betrayals and consider how they impact your life.

### Examining Your Biggest Betrayals

Now it is time to reflect on your betrayals and glean as much information as possible. You don't need to work through every betrayal; examining the biggest ones can help you move forward.

You can use the templates on the following pages to work through your thoughts but don't feel confined to them. Journaling your thoughts in a freeform manner may also benefit you.

**How Was Your Trust Betrayed:**

**Who Betrayed Your Trust?**

**How Did This Betrayal Negatively Affect You?**

**Did You Learn Anything from This Betrayal?**

**Did You Ever Reconcile with This Person?**

**Other Notes:**

**How Was Your Trust Betrayed:**

**Who Betrayed Your Trust?**

**How Did This Betrayal Negatively Affect You?**

**Did You Learn Anything from This Betrayal?**

**Did You Ever Reconcile with This Person?**

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**Other Notes:**

This exercise was likely emotional. That's OK – fully feeling your emotions is important.

Your trust was betrayed, and that impacts everyone.

This exercise aims to help you acknowledge what happened and think logically about how it happened.

Now that you have done that, you can move on to the next section that will help you figure out how to move on.

## LEARNING TO TRUST AGAIN

Now that you have acknowledged the betrayals in your life, it's time to take steps to move past them.

Remember that we are not asking you to forgive or forget the transgression; the goal is to move past them. We want you to allow yourself to be vulnerable once again. Learn what you can, and use that to make better decisions in the future about who and how you trust.

### Identify Your Trust Barriers

The last exercise you did set you up perfectly for this exercise. Think about the bad experiences you listed in the last exercise. List any fears or beliefs that contribute to your trust issues.

**Example:** *Maybe you were cheated on by an ex, and you fear that everyone will cheat on you. That fear would be your "trust barrier."*

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

8.

9.

10.

## Challenge Your Trust Barriers

In this section, you are going to challenge those trust barriers. Even if you struggle to believe it, explain why your trust barriers aren't true or reframe them as a temporary blip.

**Example:** *Following the last example, you fear everyone will cheat on you. However, if you think about it logically, many people have happy and honest relationships. Maybe you have even had an honest, monogamous relationship in the past.*

Trust Barrier	Challenge It!

Trust Barrier	Challenge It!

## Your Trustworthy Experiences

Another great way to overcome your trust issues is to examine experiences where people were trustworthy. Most of us have some experience where people lived up to their word.

### Examples:

- You lent someone money, and they paid you back
- You relied on a team member to carry their weight, and they did
- Someone made a promise and kept it.

For every example you can think of (and try to think of as many as possible), reflect on these 3 things:

- Describe The Situation.
- How Did It Make You Feel?
- What Did You Learn That You Can Apply To Future Situations?

We have included some templates on the following pages, but again, don't feel confined. You can use your own notebook or journal if you need more room to process.



**Describe A Situation Where Somebody Acted in A Trustworthy Manner**

**How Did It Make You Feel?**

**What Did You Learn That You Can Apply to Future Situations?**

**Describe A Situation Where Somebody Acted in A Trustworthy Manner**

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**Describe A Situation Where Somebody Acted in A Trustworthy Manner**

**How Did It Make You Feel?**

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This exercise was the most important because it addressed your trust issues in three ways:

- Reminds you that trustworthy people are out there.
- Reminds you how people rewarding your trust makes you feel
- Helps you spot lessons you can learn to ensure you put your trust in the right hands moving forward.

## CONCLUSION

Throughout this journey, you have engaged in self-reflection, explored trust barriers, and reflected on positive trust experiences.

You have taken important steps toward healing and growth by delving into your past experiences and understanding your trust barriers. Trust-building is a continuous journey that may have ups and downs. Be kind and patient with yourself as you navigate the complexities of rebuilding trust.

As you move forward, keep these keys in mind:

- **Self-awareness is crucial:** By recognizing your trust barriers, reflecting on your own behaviors, and working on personal growth, you pave the way for building stronger, healthier relationships.
- **Communication is key:** Open, honest, and effective communication is vital in rebuilding trust.
- **Consistency and reliability matter:** Demonstrating consistent and reliable behavior over time is instrumental in rebuilding trust.
- **Forgiveness frees you:** Embracing forgiveness for yourself and others can release the burden of past hurt and create space for healing and growth.
- **Trust-building takes time:** Rebuilding trust is a process that varies in duration for each individual and relationship. Be patient and realistic.

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