

# So You Want To Build TRUST in a Relationship

To build, rebuild or maintain trust within a relationship, BOTH parties MUST consistently:

- **offer trust** in good faith (this takes courage) and ...
- **accept trust** with good grace (this requires responsibility).

( Relationships are partnerships, so respect each other's roles, needs, likes, dislikes, strengths & weaknesses.)

Aim for equity, not equality ..... and ..... remember that **trust is a two-way street**.

	<b>Do Now</b>	<b>To Try</b>
Exercises		
( Begin by putting a tick (✓) in the 'Do now' column beside things you <b>usually or often</b> do now. )		
<b><u>Privacy &amp; Freedom:</u></b>		
• <u>Offer privacy</u> - Do not check your partner's phone bill, mail, mobile, e-mail, etc @ ....	.....	.....
• Allow each other to have some private "Alone Time" weekly or fortnightly .....	.....	.....
• Allow <u>freedom</u> – do not insist on details (eg: Who were you with? Where did you go?) .....	.....	.....
• Limit your calls/texts to your partner .....	.....	.....
<b><u>Promptness:</u></b>		
• Always try to <u>be on time</u> @ .....	.....	.....
• <u>Call</u> to indicate if you will be home late and offer an ETA .....	.....	.....
• Resist the temptation to ask where your partner has been .....	.....	.....
<b><u>Intimacy:</u></b>		
• <u>Hold hands</u> , at home & in public and, if possible, hug daily @ .....	.....	.....
• Do not pressure your partner for hugs, kisses or sex, but do offer them, if you can .....	.....	.....
• Set up a candle-lit dinner at home, go on a 'special' picnic, or go out for a 'private' meal .....	.....	.....
<b><u>Talking:</u></b>		
• <u>Speak</u> nicely to your partner – avoid loud aggressive tones & name-calling @ .....	.....	.....
• Always answer or respond to your partner promptly .....	.....	.....
• Resolve problems calmly (compromise, let them win, "Walk Away", use the "Magic Question") @ .....	.....	.....
• Try to have uninterrupted, adult " <u>Talk Time</u> " daily & LISTEN to your partner @ .....	.....	.....
<b><u>Helping:</u></b>		
• Share the <u>housework</u> (making beds, cleaning, etc) and the gardening .....	.....	.....
• Always do what you say you will @ .....	.....	.....
<b><u>Parenting:</u></b>		
• Support each other in <u>parenting</u> (feeding, setting house rules, disciplining, driving) @ .....	.....	.....
• Share the parenting (for small children) when you get home(eg: go out & play) .....	.....	.....
• Go to the kids activities together (sport, youth group, school musical, eisteddfod, etc.) .....	.....	.....
<b><u>Finances:</u></b>		
• Plan your <u>finances</u> - develop a <u>budget</u> together @ .....	.....	.....
• Have a joint account, but each partner should also have personal savings account .....	.....	.....
• Discuss major expenditures @ .....	.....	.....
• Each to have agreed upon weekly "Pocket Money", to spend at your discretion .....	.....	.....
<b><u>Socialize:</u></b>		
• Spend quality time, especially private "Talk Time", daily with your friend/partner @ .....	.....	.....
• <u>Meet &amp; Greet</u> upon getting home & say goodbye nicely before you leave @ .....	.....	.....
• Set up a regular, special weekly date (coffee, walk by beach/park, dancing) together ....	.....	.....
• Visit friends, family, neighbours or a Club (gym etc) at least fortnightly together .....	.....	.....
<b><u>Show you Care, Value &amp; Appreciate them:</u></b>		
• Do something for them without being asked - a cup of tea; offer help; draw a hot bath @ .....	.....	.....
• Compliment &/or encourage .....	.....	.....
• Thank your partner (for helping, for a nice meal, for getting home on time) ...	.....	.....
<b><u>Others:</u></b>		
• .....	.....	.....
Discuss your progress regarding major items @ weekly. Be positive & encouraging.		

I / We agree to consistently 'work at' these Trust Exercises: ..... / .....