**1. Be truthful; don’t lie.**

Unless you’re planning a surprise party for your spouse, you should never lie to your husband or wife. Even small lies – such as saying you’re working late when you’re shooting pool with your friends – are a bad idea. You’ll likely get caught in the lie, and suddenly your spouse will be wondering what else you’re lying about.

**2. Volunteer information.**

*Example of breaking down trust:* "How did the meeting with the lawyer go?" "It went fine."

*Example of building trust:* "How did the meeting with the lawyer go?" "It went fine. The whole day was stressful, getting all the documentation together, and we barely made it on time. But we both signed and he said it would get mailed out tomorrow."

**3. If you have secrets, let it be known.**

You shouldn't be forced to give up your most personal feelings and secrets just to be trustworthy. Everyone is entitled to privacy. But the key to being trustworthy while also maintaining your privacy is to make the boundary clear.

*Example:* "I am not ready to share my feelings on my ex-wife right now, but I promise you have nothing to worry about."

This gives your listener a chance to prove he/she is understanding and patient, but most importantly, it gives your listener a sense of security. Even if they don't like being shut out, they know that you will eventually divulge. Pretending the secret completely doesn't exist will leak out unintentionally, and simply make them suspicious

**4. Don’t omit important information.**

The main reason it is best not to omit important details is because it is hard to keep up with a string of omissions. People will start to notice contradictions in your stories and you will be considered a liar, even if you are only *omitting* a little!

**5. Be reliable; do what you say.**

Follow through on your promises big and small. If you tell your spouse you’re going to meet him or her at 8 p.m. at your house, be there on time. Promised to bring home milk? Bring home the milk. Of course, the big ones, such as fidelity and being there through sickness and health, for richer or poorer, also fall under this umbrella.

**6. Set boundaries.**

The green monster, jealousy, tends to rear its ugly head and threaten trust when couples don’t set boundaries with those outside their marriage. If you know it bothers your spouse when you flirt with that co-worker, then keep it professional. Don’t set up lunch dates with that ex who always calls. Make sure your spouse knows that he or she is your number one priority. He or she takes precedence over all others.

**7. Be trusting yourself.**

Unless your partner gives you a real reason to mistrust or doubt his or her honesty, you should trust him or her. This means that you should never accuse your spouse of cheating or lying to you unless you have hard evidence. Without proof, you’ll just create an air of mistrust. It’ll make your partner doubt your honesty, too. You should have faith in your husband or wife’s faithfulness and honesty. You must believe what he or she tells you.

**8. Be fair.**

Don’t let your partner pay for the sins of your exes. If you had unfaithful or dishonest exes, you should have worked that out with them. Your spouse is his or her own person and has already chosen to commit to a life with you. He or she should be judged on his or her own actions.

**9. Trust yourself.**

Your heart led you to this man or woman. Your gut told you that he or she was worthy of your love. Your mind told you to marry him or her. If you trust yourself, you know you made the right choice. And that’s a strong foundation on which to build trust.