

Trust Rebuilding

Steps to restore trust after hurt

Important Note:

Rebuilding trust takes time, consistency, and often professional help. This worksheet is a starting point, not a substitute for therapy if needed.

Phase 1: Acknowledgment

For the person who broke trust:

What specifically did I do that broke trust?

What impact did my actions have on my partner?

What was I thinking/feeling at the time?

What do I need to take full responsibility for?

Phase 2: Understanding Impact

For the person who was hurt:

How has this affected me emotionally?

What do I need from my partner to feel safe again?

What are my fears about moving forward?

What would rebuilding trust look like for me?

Phase 3: Rebuilding Agreement

Complete together:

New boundaries we're establishing:

Concrete actions to rebuild trust:

How we'll handle setbacks:

Our check-in schedule:

Phase 4: Progress Tracking

Date	Progress Made	Challenges	Next Steps

Remember:

- Trust is rebuilt through consistent actions over time
- Both partners must be committed to the process
- Consider working with a couples therapist
- Celebrate small wins along the way