

- There are many levels of trust and it takes a long time to build. Rebuilding takes even longer.
- Our past experience with others and the specific person color our trust.
- It is not possible to trust without RISK.
- It is not wise to risk without TESTING.
- Some people trust too much, some too little.
- "To be vulnerable to a hostile and angry man [or woman] is masochistic." - R. Norwood

## **QUESTIONS TO PONDER**

### ***SELF:***

Am I a trustworthy person? Am I honest? Do I keep secrets and promises or am I careless about these things? When my partner confides in me or I know something sensitive about him/her do I treat such vulnerability with care or have I used this information to my advantage in fights or power struggles? How can I begin to be more trustworthy?

### ***IN RELATION TO MY SPOUSE:***

At what level of trust am I right now with my spouse? Do I generally trust him/her too much or too little? Have I learned to build trust slowly, gradually, one small step at a time or do I try to force it and allow myself to be highly vulnerable without first testing? Or, am I too mistrustful? Do I demand iron-clad guarantees and refuse to risk or try again even when my spouse has apparently made genuine overtures? How can I be more realistic in my trusting?

### ***MY GOAL IS:***