

TRUST

In a sense, re-building trust could be called the final step in the forgiveness process. After all, forgiving is one thing, forgetting is quite another. When we have been hurt, let down, betrayed, we are naturally going to be gun-shy.

Injured Person

A. Has Been Hurt.....

Wrongdoer

B. Has Done Something “Wrong”

To Rebuild Trust

Must Become Open to Trusting

Must Become Trustworthy

What is trust? “ **FEELING SAFE** ” – Physically, Emotionally, Socially, Spiritually: Feeling that we can **COUNT** on our partner.

Trust is not "all or nothing," "black or white": there are levels, which are built upon each other:

A. Ladder of Trust

B. Climbing the Ladder

Ladder of Trust

How We Act	Intimacy	What We Need
Trust with true self	“Home-Safe” Best Friend Spouse	Committed Love / Acceptance
More personal / Sharing	Good Friend Close Relative	Keep confidences (secrets)
Relaxed / Do favors	Casual Friend Extended Family	Reliability (keep promises)
Friendly	Co-Worker Neighbor	Honesty
Polite	Acquaintance	Respect
MISTRUST		

The Solution

A. Risk – Trust involves taking a chance: there is always some risk involved.

B. Balance – Two ways trust can be off balance:

1. We can **trust too EASILY** and cause ourselves needless pain, or
2. We can be **too DISTRUSTFUL** and lock ourselves behind such thick walls that a relationship is all but impossible.

C. **Testing** – To gain (or return to) Trust in a **HEALTHY** way, we must learn to **Test**.



- Learning to trust is learning to take small risks and **GRADUALLY BUILDING** to take ever greater risks when we sense the other person is trustworthy.

RE-building Trust:

A. Broken Trust

Even small infractions can erode the marriage over time. Larger breaches or small ones building up can knock us back to the bottom of the ladder. We must go back to the **BOTTOM** of the ladder and start all over again, slowly, carefully; testing, re-building.

Ladder of Trust

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On guard	MISTRUST Stranger / enemy	Time and trustworthiness

B. Mistrust

How do we act toward someone we mistrust?

C. Faithful to the Process

The healthiest way is to go up slowly, and establish trust at each level before going on.

AND: Trust should be **MUTUAL** – we should both be at about the same level.

If we move up the ladder too fast, we set ourselves up for more hurt and disillusionment. But if we refuse to try, then a relationship is not possible.