

TRUST AGAIN JOURNAL

Have you ever said to yourself, “I will never trust again?” Or, “I fear my ability to trust again is beyond repair?” You are not alone. If you have ever had your trust violated, you may find that you struggle with it in new situations. It's hard to trust when all you have from the past is evidence of why you shouldn't do it ever again.

Trusting yourself is the bedrock of trusting others. If you can't trust yourself, you will never be able to trust another; to learn to trust yourself, you must do the work which involves looking at your historical patterns and creating new boundaries and goals for giving your trust away. Trust must be earned and re-earned, never given away for free. People ask me why it's so hard to trust people. I asked them why it is so hard to keep a promise. Trust takes years to build, seconds to break, and forever to repair.

Trust is the substructure in every relationship. True connections cannot be formed or sustained without it. In order for relationships to work, trust must be thought of as a currency that is ever present and never broken.

This journal is designed to help you process your trust patterns and will enable you to recognize that you probably do trust some people ... at least for some things. The negative thought pattern of “I will never trust again” is extremely dangerous to our internal messaging. It can promote a feeling of brokenness and an inability to trust - a clear sign that trusting yourself and your capacity to make sound choices may not be fully in place.

Is there a person who broke your trust and hurt you? Carefully review the circumstances so you will recognize and never let it happen again. In working through the pain, you will gain a stronger sense of understanding and power to build internal trust through your new knowledge.

Are you ready to bring someone new into your life? To have trust in a relationship means that you feel a sense of security and loyalty with your partner from which a strong connection can be built. “To trust means to rely on another person because you feel safe with them and have confidence that they will not hurt or violate you. Trust is the foundation of relationships because it allows you to be vulnerable and open up to the person without having to defensively protect yourself.” Without trust between couples, relationships won’t grow and progress to a deeper level. Trust is the act of placing confidence and being able to depend on someone or something; it is necessary for close relationships, corporate bodies, and society to function as well as for any person to be relatively happy. Without trust, fear sets in. So, how do you build trust in a relationship?

Start tracking trustworthy and trust buster elements through journaling. Trust is something that must be individually obtained, supported by thousands of trustworthy moments. Take your time and do it right – ensure everyone lives up to the standards you set for yourself.

WHO TO TRUST – THAT IS THE QUESTION...

Don’t believe that someone is trustworthy because they tell you they are or because a friend or family member says that they are. Be that person who holds off giving trust until that trust is warranted beyond a shadow of a doubt.

Are there certain people you hope to trust again? Family member(s)? A partner? Friend(s)? Trust has a big umbrella - you are under no obligation to trust everyone the same - but you can allow trust in different scenarios. Who do you trust and why?

- Your best friend

- Your children
- Siblings or immediate family
- Extended family
- Therapist or coach
- Teachers
- Cleaning lady or other domestic help

There are some people in our lives who we must depend on and trust in particular situations. We have an innate need to give trust to those in the position of offering protection.

- Do you automatically trust police officers?
- Firefighters, doctors, nurses – are there situations where you trust them less?
- Lawyers, judges, and other members of the court system might sometimes seem like they are not working for the great good or in our best interests.

LEVELS OF TRUST AND CONDITIONAL TRUST

Think of a friend or sibling... How do you trust them?

- Would you trust them with your life?
- Would you trust them with your children?
- Would you trust them with your money?
- Would you trust them with your car?

PAST PROVES FUTURE – WHAT DOES THE HISTORICAL DATA SHOW?

Children – I might trust a friend to watch my child if my child knew them. Or if that person knew and liked my child and was good with kids - perhaps another mother. If the person in question knew nothing about kids or had ever been vocal about not caring for children in general, I would be much less likely to trust them.

Babysitters – Would we ever trust our kids with a stranger? Sadly, in this day and age, no. We require references and obtain data on them first. Safety is most important.

Friends – We have different levels of trust for friends, too. That is also data driven. If a friend asks to borrow your car when they had totaled three of their own, would you say yes?

Money – Would you give a friend a large sum of money to invest? Would you first want to know how they handle their own finances? Conditional trust and data pave the way.

1. What if they are flakey and nothing they ever do yields positive results?
2. What if this is an amazing opportunity and you have DATA that supports their past successes at investing?

Different, right?!

WAYS TRUST BREAKERS CAN MAKE YOU FEEL

Use this list of feelings as you journal for better understanding. They will help you process through your thoughts more easily.

- I feel disrespected because...
- I feel unsafe because...
- I feel like this person is unjust because ...
- I feel unloved because...
- I feel trapped because...
- I feel betrayed because...
- I feel ignored and insignificant because...
- I feel invisible because...

- I feel frustrated because...
- I feel like a fool because...
- I feel scared because...
- I feel unheard and I feel like the bad guy for needing to explain to you why what you did isn't okay because...
- I feel like I might be trusting the wrong person again when I trusted you and was betrayed. I feel like I missed something because...

RECOGNIZE YOUR OWN TRUST PATTERNS

JOURNAL PROMPTS IDEAS:

Are you struggling to trust again? Why? What happened? Who were the players? What was the defining moment when you lost trust in this person?

Do you wonder if you ever will trust again? Why? What happened?

Are you fast to trust? Has this always been the case? How has that affected your life?

What are your criteria to trust someone?

What do you do when someone breaks your trust? Do you give second chances? What does someone have to do to break your trust? Make a list but leave a blank page (or two) so you can go back and continue to add to it. A comprehensive list of what you will never tolerate is the goal.

What are your trust builders? What things have people done that make you believe they are worthy of your trust?

What are your trust betrayal triggers? <Do this> and your trust is lost...

LET'S EVALUATE

JOURNAL PROMPT IDEAS:

Write down five people who are the most trustworthy people in your life. What have they done/not done that gives them each this value?

Write down five people who have completely lost your trust? What did they do?

PROCESSING AN UNTRUSTWORTHY PERSON

JOURNAL PROMPT IDEAS:

List specific instances when each person proved they were untrustworthy. How did you react? Did you remain quiet? Did you attempt to speak up? How did this person react if/when you spoke up? How did they make you feel?

What lengths are you willing to go to when someone betrays your trust? Do you walk away and go no contact? If you are willing to go no contact, what are the barriers and repercussions that you must think through?

FAMILY TRUST

Many family members are known to create trust issues. It is heartbreaking and can often be the most difficult to handle as it can cause extra drama and an additional layer of pain. Other family members might try to get involved which creates added suffering. What can you do?

JOURNAL PROMPT IDEAS:

List specific instances when family members proved they were untrustworthy. How did you react? Did you remain quiet? Did you attempt to speak up? How did this person react if/when you spoke up? How did they make you feel?

What lengths are you willing to go to when a family member betrays your trust? Are you willing to walk away and go no contact? If you are willing to go no contact, what are the barriers and repercussions that you must think through?

PROCESSING TRUSTABILITY

If you want to explore someone's trustability, consider using this journal to track and monitor their actions and your responses. Committing thoughts to paper empowers you to tap into deeper patterns and emotions because you allow yourself to detail the weird events and your true feelings in writing. There is no compulsion to sugar coat anything or worry about another's opinion. It's only you talking to you. Put it all out there so you can truly understand the actions you are experiencing. How a person reacts to boundaries you set provides crucial information of their character.

JOURNAL PROMPT IDEAS:

What has this person done today to build your trust? What was the situation? How did you feel? Were they consistent?

When were they unreliable, lie to you, or reveal some other offense? What did they do? How did you react? How did they react to your reaction?

What lengths are you willing to go to when someone betrays your trust? Are you willing to walk away and go no contact? If you are willing

to go no contact, what are the barriers and repercussions that you must think through?

TRUST YOUR INTUITION

Our intuition can recognize a person's worth long before our emotional and intellectual mind. Too many do not put enough stock in their intuition and "gut feelings." You have heard it before: always trust your gut. If you feel something is wrong, that's because it usually is. I do not trust words. I even question actions. But I never doubt patterns.

JOURNAL PROMPT IDEAS:

Do you use your intuition to trust someone? Detail specific instances where you have done this. Be sure to list what you felt that swayed your decision one way or the other.

How has your intuition warned you when danger is near? What does it feel like? Did you see signs of unworthiness with this person? Did your intuition...?

SELF TRUST

You must trust yourself above everyone else – there is no trust without self-trust. In the end, what you believe or want trumps all others.

JOURNAL PROMPT IDEAS:

Do you trust yourself? What will it take to trust yourself?

- Will you recognize when a boundary is needed?
- Will you have the courage to set the boundary, enforce it, and walk away from someone who does not honor it?
- Are you confident that you've healed your wounds and have no vulnerabilities that can be exploited?

- Can you forgive yourself for trusting someone who hadn't earned it?
- Will you be fooled again? Consider what your intention moving forward will be if someone breaks your trust. This step builds confidence in yourself to know that whatever happens, you will have a plan of action in place. Without an objective, it is too easy to have a knee-jerk reaction or be fooled again. If you do not feel you can trust yourself, what evidence do you have that you are unable to trust?

HOW TO TRUST- FACTORS TO CONSIDER

Use this list as a guideline and character inventory that are important to define a person as trustworthy. Hold people to these standards and honor yourself - if they are not able to comply with these requirements, you do not keep them in your life.

Accountability

- Can you depend on them to do the right thing?
- Do they deliver on promises made and responsibilities?

Adulting Skills

- Are they able to support themselves?
- Do they understand their own responsibilities?
- Do they use good judgement when making decisions?
- Do they have patience?
- Is there always compassion for you and others?
- Do they have and offer stability?
- Do they have self-awareness?
- Do they want a relationship based on equality?
- Do they have no need or desire to control you or others?

Boundaries

- Do they listen to and respect your boundaries?
- Do they express anger when you set a boundary?
- Are their own boundaries set and enforced?

Communicativeness

- Do they communicate their needs and emotions effectively and honestly?
- Is there action to resolve conflict with you and others?
- Is conflict reduced in healthy ways?
- Are they open to compromise?
- Do they articulate their visions?
- Are they effective at communicating issues rather than sitting on them and brooding?
- Can they work together to solve problems? Together is better!

Dependability

- Are they consistent? Erratic behaviors can create undue drama, anxiety, and instability.
- Are they dependable and always do what they say they are going to do?

Healthy Living

- Do they stay present and engaged?
- Do they stay abreast of the issues and concerns in your life?
- Do they give you and others the benefit of the doubt before making assumptions?
- Are they able to give honest feedback in a helpful / not hurtful way?
- Are they cooperative?
- Can they accept when you express your feelings in healthy ways, even when it's tough?
- Will they trust and listen to your ideas and opinions?
- Do they have the ability to let unimportant things go?

- Will they celebrate your friendships and family without the need to isolate you?

Honesty

- No lie zone – will they refrain from lying?
- No gaslighting?
- No cheating?
- Will they be accountable for their actions and never shift blame to a circumstance or someone else?
- Will they never ask you to lie for them or to others?

Integrity

- Do they have the ability to be authentic? Do you trust their authenticity? Being authentic is about being real and true to yourself.
- Are they balanced with concern for you?
- Do they say what they mean and do what they say? Actions speak louder than words.
- Do they have credibility with old friends and people in your life?
- Are they objective and fair?
- Do they honor commitments and keep promises?
- Do you trust that they will continue to demonstrate honesty and credibility over time?
- Can they consistently be truthful?
- Do they admit their mistakes?
- Do they accept a lack of knowledge on certain topics rather than always having the need to be right?
- Do they do things that make you suspicious or jealous?
- Are they respectful of you and others?
- Do they always keep their promises?

Nonjudgmental

- Do they judge the things you say or do?

- Do they make judgements about your past?
- Do they pass judgement over your family or friends?
- Can they understand your needs without judgement?
- Can they agree to disagree without judging?

Reliability

- Are they responsive to your needs?
- Are they willing to share responsibilities?

Secret Crypt

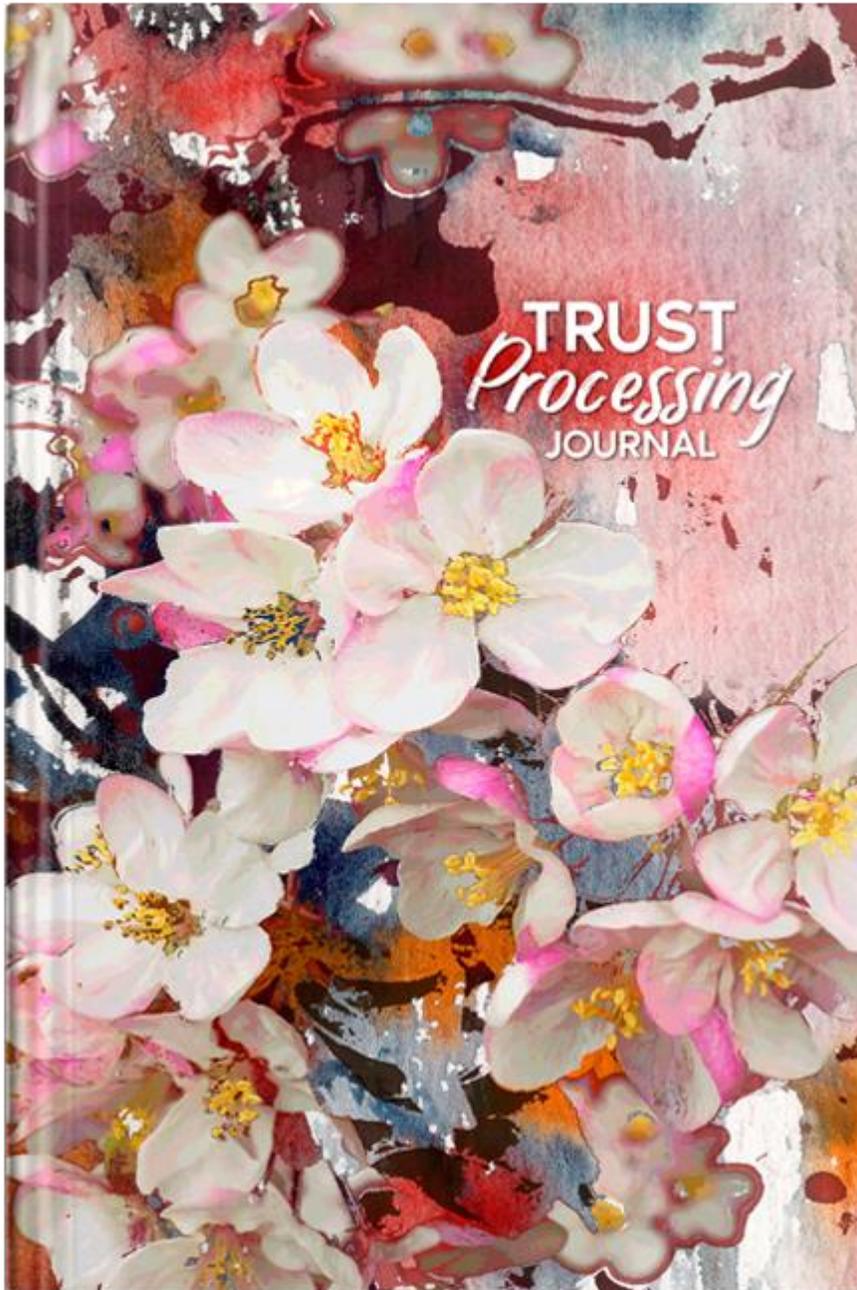
- Do you trust them to keep your secrets?
- Will they honor other people's secrets?
- Do you trust that they will never use a secret against you?
- Will they not keep secrets from you?

Vulnerability

- Can they be vulnerable? It is ok if this will take them time as long as they are open to it.
- Are they open to address any issues?
- Are they capable to ask for help?

Create your own list of requirements for someone to earn your trust.

I found it helpful to process all my trust in one place, so I created this Processing Trust Journal



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