

# Rebuilding Trust in a Relationship Worksheets

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## Understanding Trust Worksheet

### Personal reflections

1. What does trust mean to you in the context of a relationship?

2. Write down one or more incidents where you felt trust was strong in your relationship.

3. Describe a situation when trust was compromised in your relationship.

### Discussion with your partner

After completing your personal reflections, share your responses with your partner. Discuss their responses as well.

1. Compare your definitions of trust. Are there similarities? Differences?

2. Discuss the incidents you each described where trust felt strong. How do your experiences overlap or differ?

3. Share and discuss the situations where each of you felt trust was compromised. How did it impact you and your relationship?

# Relationship Check-In Worksheet

Even the strongest relationships can benefit from regular check-ins. This worksheet is designed to guide couples through a series of reflections and discussions across different aspects of their relationship.

Couples are encouraged to reflect on each category individually and then share their thoughts with their partner.

|  |     |    |
|--|-----|----|
| <b>Beliefs and values</b>  |     |    |
| How aligned do you feel in your shared beliefs and values currently?                                   |     |    |
|  |     |    |
| Rate your satisfaction (1-10 scale):   |     |    |
| Priority for improvement:  | Yes | No |
| <b>Communication</b>   |     |    |
| How effectively do you feel we are communicating with each other?                                      |     |    |
|  |     |    |
| Rate your satisfaction (1-10):   |     |    |
| Priority for improvement:  | Yes | No |
| <b>Family and friends</b>  |     |    |
| How supported do you feel by our family and friends, and how well do we integrate them into our lives? |     |    |
|  |     |    |
| Rate your satisfaction (1-10):   |     |    |
| Priority for improvement:  | Yes | No |
| <b>Finances and household</b>  |     |    |
| How satisfied are you with our financial planning, spending habits, and household management?          |     |    |
|  |     |    |
| Rate your satisfaction (1-10):   |     |    |
| Priority for improvement:  | Yes | No |

## Intimacy

How connected do you feel in terms of emotional and physical intimacy?

Rate your satisfaction (1-10):

Priority for improvement:              Yes              No

## Discussion and planning

After reflecting on each category, partners should discuss their thoughts and feelings. This discussion is a critical step towards understanding each other's perspectives and setting goals for the relationship.

Now, create an action plan for categories marked as a priority for improvement.

## Specify concerns

List any specific concerns that need to be addressed:

## Goals

Define clear goals to improve in this area:

## Action steps

List specific actions both partners agree to take:

## Check-in schedule

Set dates for future check-ins to review progress:

# Trust-Building Activities Worksheet

This worksheet is designed to facilitate trust-building between partners through a series of planned activities. Trust is the cornerstone of any meaningful relationship; engaging in activities intentionally designed to enhance trust can significantly strengthen your connection.

**Instructions:** Together with your partner, decide on activities from the following categories that you both are willing to participate in. Schedule dates for these activities and commit to approaching them with openness, honesty, and vulnerability.

|  |
|--|
| <b>Mutual reliance activities</b>  |
| These activities require you and your partner to rely on each other to achieve a common goal or complete a task. This physical or emotional reliance can foster trust through demonstrated reliability and teamwork.                           |
| <b>Activity suggestions:</b>   |
| <ul style="list-style-type: none"><li>• Partner-guided obstacle course (blindfolded partner navigates obstacles with verbal instructions).</li><li>• Tandem kayak or bicycle ride.</li><li>• Building a piece of furniture together.</li></ul> |
| <b>Chosen activity:</b>  |
|  |
| <b>Scheduled date:</b>   |
| <b>Preparation required (if any):</b>  |
|  |
| <b>Outcome &amp; reflection:</b>   |
|  |

## Vulnerability sharing sessions

Creating a safe space to share vulnerabilities can deepen mutual understanding and empathy, key components of trust. These sessions are dedicated times to share thoughts, feelings, or fears that you might usually keep to yourself.

### Activity suggestions:

- Sharing personal stories from childhood.
- Discussions about fears and dreams.
- Expressing needs and desires within the relationship that haven't been communicated.

### Chosen session focus:

### Scheduled date:

### Guidelines for respectful listening:

### Outcomes & reflection:

## Commitment projects

Engage in a long-term project or activity that requires commitment from both partners. Seeing each other follow through over time builds trust in each other's dedication to shared goals.

### Activity suggestions:

- Starting a small garden together.
- Committing to a weekly class or workshop for a month.
- Planning and executing a small home renovation project.

### Chosen project:

**Scheduled start date:**

**Planned duration:**

**Outcome & reflection:**

### **Planning future trust-building activities**

Based on your reflections, discuss any further activities you wish to pursue. Consider setting regular intervals (e.g., monthly) to engage in trust-building exercises. This ongoing commitment can lay a strong foundation for a deeply trusting relationship.

**Future activities planned:**

**Scheduled dates:**

**Commitments made:**