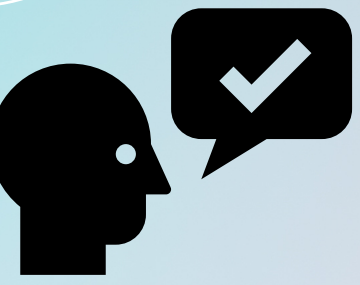


7 activities for building relationship trust



1

Have a truth telling session where you set aside a time to have an open and honest talk about anything with the purpose of getting through those hard issues. Leave the issues in the talk until your next one.



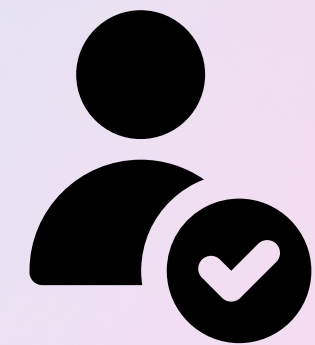
2

Make a reliability checklist of the things you've told your partner you would do. Then get to work! Use it as a reminder so those things don't become points of resentment.



3

Have a transparency check in with your partner. Ask if there's anything you want to know about each other and be transparent with yourself and your goals and dreams for your relationship.



4

Have an accountability conversation with your partner. Think about a time where you've hurt them or made a mistake and acknowledge it. This gives your partner the chance to see it was a genuine mistake and your love for them is still growing.



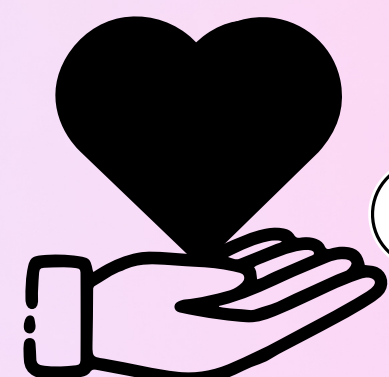
5

Have a respect affirmation session. Find a time to stop your partner and let them know just how much you appreciate what they do for you and respect who they are. This builds your partner up and makes them want to be even better for you.



6

Have an empathy exercise with your partner. Find some tough or loving moment you've had together and share your feelings about it. Listen to each other and try to put yourself in their shoes. Try to engage them and understand their perspective.



7

Have a loyalty affirmation session. Find a time to express your devotion and love for each other. Recommit yourselves to your relationship and build up the intimacy. And be sure to thank each other for being a good and loyal partner.