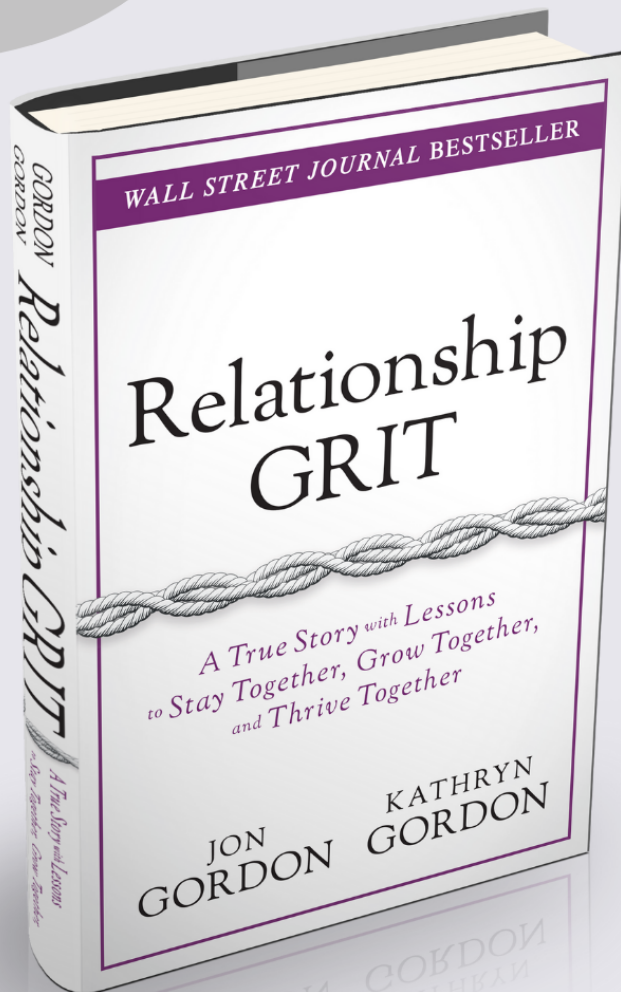


# 3 TRUST BREAKERS IN A RELATIONSHIP





# Congratulations!

By downloading this guide, you've taken the first step to building trust in your relationship. Identifying what breaks trust in our relationships leads us closer to building trust! That means you're already in a great state of mind for creating real talk in your relationship - so get ready! We're about to tackle the trust breakers to nurture a greater connection!

Let's face it. Our relationship goals are usually pretty simple. We desire love and companionship, friendship and shared vision, hope and legacy. Our goals do not include jealousy, suspicion, and loneliness. We want connection. Fun. Intimacy. We want to build our present and our future, not create discord and insecurity.

By reading through this guide, **3 Trust-Breakers in a Relationship**, you'll discover the biggest pitfalls in sustaining the connection with your spouse. And knowledge is power. If we can identify the top 3 trust breakers in a relationship, we can just as quickly identify the top 3 trust builders. (Hint: keep an eye out for our next freebie on exactly that topic)!

Soon, you will see simple keys to keeping your relationship happy, healthy, and full of confidence. With trust burning bright, every day, through the mundane and mountain-top experiences, you can conquer just about anything life throws at you and your spouse: together. In other words -- You'll have a "treasure-trove of trust," worth its weight in gold. So, let's dive into the top 3 trust breakers, then reflect on what we can do to avoid them in our daily habits - to make each day a building block towards greater trust and deeper intimacy.



## 3 Trust-Breakers in a Relationship

Strong relationships take work. We like to think about the exciting parts of our partnerships - the romance, the big dreams, the shared vision, the familiar face on daily walks, the ability to create a stable life together. But, without constant effort to keep your relationship ticking as one heartbeat, the ease, love, and - ultimately - the trust will begin to fade. It might even begin to fall apart when you're not even looking.

# *Trust Breaker # 1:*

## Lying

Nothing kills a relationship quicker than lying. When you step into a relationship, you are committing to an exchange: your trust for my truth. And vice versa. If one partner violates this trust, then the relationship cannot survive. It's doomed for failure. Or at least, it won't function at the level that it could!

In our book *Relationship GRIT*, I describe my shock and outrage when Jon confessed his infidelity from early in our marriage. Even though it wasn't sex, he felt it important to confess it to me. Although it was many years earlier, the deception through the years and unfaithfulness shattered my trust. I refused to speak with him. He pursued me, persisting with love notes, acts of kindness and even a new tradition: an evening marriage prayer. Eventually, I forgave him (hint: you should read the full story in our book)! We rebuilt by creating a covenant between us and God to restore our trust and allow us to move forward.

One lie - no matter how big or small - will create a crack in the relationship. If the deception remains, it will slowly deepen, eventually driving a wedge between both of you. As soon as you realize a lie has passed between you, find the courage to lovingly and calmly confront and communicate. Together, you can repair the gap and draw each other back into trust and truth.



# *Trust Breaker # 2:*

## Not Respecting Boundaries



Boundaries are interesting in relationships, right? Too stringent, and you've pushed your partner away. Too loose, and you've each lost your sense of self.

When discussing trust, however, boundaries often come in the form of giving each other the right amount of space and keeping your word. If you smother one another in your daily lives and cling to your partner to fulfill every expectation for joy, happiness and fulfillment, you're going to be very disappointed. I found giving space to grow fostered greater love and attraction; we each had our interests as individuals and grew in our passions, like speaking, writing, tennis, book clubs, and more. If we had not allowed this kind of "breathing room" in our relationship, we would not have had the fuel to fire up our connection or to stay happy in our own identities.

But, when you're in a committed relationship, respecting boundaries also means doing what you say you're going to do. When you fail to do this, you are communicating to your partner that their needs, their expectations are not valued. But when you follow through on your word, you build trust.

Even more than that - consistently following through on your word, you build a reservoir of trust. And trust me, sometimes, you need to draw on that reservoir. So, constantly respecting boundaries, consistently following through on your word, and doing what you say you're going to do means greater intimacy, deeper connection and solidified trust. If you ever see yourself slipping, crossing boundaries or disrespecting them by falling through on your word, snap back fast. Share that you feel awful for rescinding your word, reflect on why it happened, and commit to changing how you approach similar moments in the future. Your trust in one another will be restored!

# Trust Breaker # 3:

## Cheating

If we are biologically wired for intimacy with our spouse, then cheating cuts right at the heart of trust. It severs the bond. Usually, cheating could begin with a need not being met, even if it's not in the bedroom. It could be an emotional need, a need for being physically present, or relieving stressors in the workplace or finances. But, cheating can take place in that gap. It's stepping out of the sacred space of trust and into another relationship (or one-night stand) where trust is broken.

In our book, Relationship GRIT, Jon and I describe the Five Ds that destroy a relationship: **Distort, Discourage, Doubt, Distract and Divide**. I find that each trust breaker, especially cheating, taps into each of these Ds.

When you are thinking about cheating, you are practicing distorted thinking. You think you may be able to get something better, elsewhere. Or maybe you think you somehow deserve better treatment and justify being unfaithful, instead of communicating and working through it in the relationship.

You may be discouraged with yourself or your spouse, looking at how unworthy you are and "if only" you had someone else, you'd feel hopeful again.

You begin to doubt your own capability to please your spouse - maybe they've been nagging or putting you down lately. Or, you suspect them of cheating, and instead of lovingly confronting them, you decide to "spite them" by cheating too.

You could also be distracted from your loved one, neglecting their needs or even simply spending time with them. Distraction can easily lead to distance, and distance can lead to a wandering eye.

Lastly, the build-up of these Ds dominos to a Divide. You are no longer close, in any area: physically, spiritually, or emotionally. You jeopardize the very core of your relationship, and in this divide, you will feel exposed, alone. Any problem that comes your way will topple you two. A divided house can't stand. Division breeds unfaithfulness - so watch out for it. If you see it coming, head it off quickly. Establish new routines - or rekindle older ones - where connection, communication and romance take center stage.

# Relationship Reflection

## Reflection

Ok, I promised real talk and you got it! But now it's your turn. It's time to reflect on where you might see little (or big) cracks in the foundation of your trust. Let's see them so we can fix them! Our next freebie will be 3 Trust Builders in a Relationship so we will be gearing up to guide you through the process towards repair.

*But in the meantime, let's pause.*

Take some time to reflect. Maybe take a bath, go for a walk, journal in your favorite notebook, or dictate thoughts into your phone notes. This will only take a few moments. Consider these few questions. You may even want to share this reflection with your spouse. You can each complete it individually, then share if you feel comfortable. Let it be a bridge to opening up any conversation you might have been putting off. And remember, tough conversations don't mean you lose a relationship; with the right person, they draw you even closer ... especially when you're finding solutions and building trust.

# Guided Reflection

Do I lack trust in my partner, in any area? In what areas am I less trusting of (name) \_\_\_\_\_?

What emotions do I feel, as a result?

What actions or changes would make me feel safer, greater love and more trusting?



What can I do within myself to help my partner?

Am *I* trustworthy? Do I provoke my partner or spouse to feel like trust is broken?

How can I change or what can I remember to do?

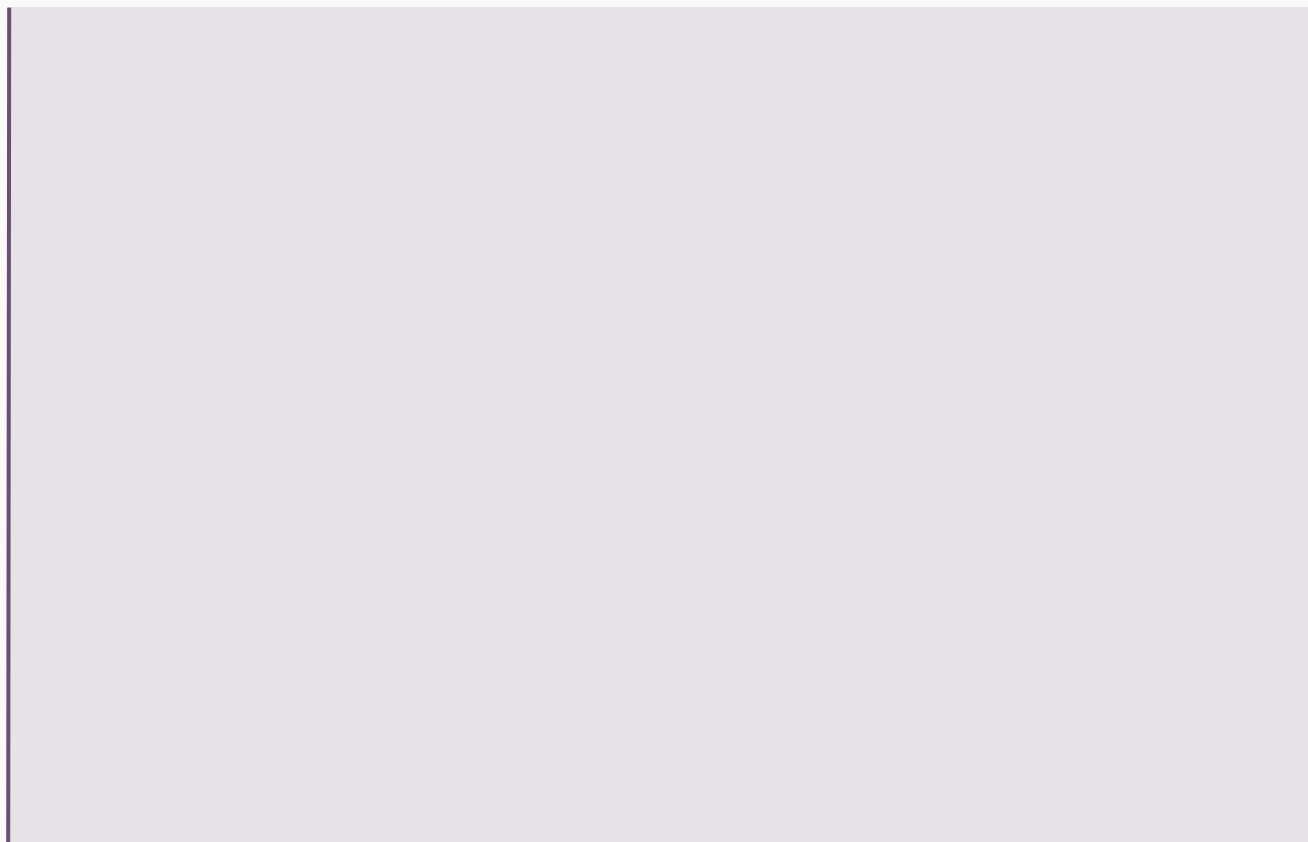
If we commit to not breaking trust, how will that positively affect our daily lives? (Have fun here! This isn't all serious!)

Great job! You did it. It's not always easy to confront the truth within ourselves, but it is necessary for growth and staying close to our loved ones. But there's one more thing.

If you could design an affirmation, positive intention or prayer for your relationship to combat trust-breaking, what would it be? Jon and I committed to one in our journey, and if you're stuck, feel free to use ours or any portion of ours (you can find our prayer in our book, Relationship GRIT or on my Instagram account [@KathrynGordon](#)).

So, give it a go. What would your marriage prayer or affirmation be, if you wrote one? Reflect for a bit, then write it down. Try writing one individually first. Then share them with one another, and commit to one daily. Tag me on my social media or email me at [hello@kathrynforreal.com](mailto:hello@kathrynforreal.com)

Relationship prayer / intention / affirmation:



Trust is a fundamental building block to the best relationships, the best journeys. With these reminders, focusing on the trust breakers of lying, boundary-crossing and cheating, you've learned what not to do in your relationship, and how to quickly readjust. Focus on keeping trust strong, and you'll be on your way to a long, loving, lasting relationship.

And keep watching for Part 2: 3 Ways to Build Trust in a Relationship as my next giveaway - **coming soon!**

I am rooting for you.

*With love,  
~ Kathryn Gordon*

