



# TRANSFORM YOUR ROMANTIC RELATIONSHIP: A RELATIONSHIP COURSE FOR COUPLES

with Dr. Patty Ann

## TRUST

You cannot have a happy and healthy romantic relationship without Trust because trust is at the heart of every happy and healthy romantic relationship. And the stronger the trust in your relationship, the happier and healthier your relationship will be.

Throughout my over 30 years of work as a relationship expert, lack of trust is often cited as one of the top reasons for why couples break up. Therefore, if you want your relationship to not only survive – but thrive – your trust for each other must be rock solid!

So what exactly does trust look like within your romantic relationship?

Partners in a romantic relationship demonstrate trust by allowing themselves to be vulnerable to each other - emotionally, physically and spiritually. And this trust **MUST** be reciprocal. You cannot be in a trusting relationship if one partner doesn't trust the other.

Interestingly enough, one person in a relationship will tell me their partner doesn't trust them. To which my first response is always: "well, are you trustworthy?" Because if you want your partner to trust you, you must be worthy of their trust. Just as they must be worthy of yours.

Following are 7 ways partners can demonstrate their trustworthiness to each other:

1. You share your vulnerabilities, confidences, and deepest darkest secrets with each other – knowing they will be kept private – just between the two of you.
2. You are genuine and authentic in all your interactions with each other – with no hidden agenda or manipulation.
3. You speak respectfully of – and act respectfully towards each other - within the relationship. Whether you are together or apart, you don't throw shade over each other.
4. You and your partner keep your promises to each other no matter how inconvenient that might be at times.
5. You and your partner demonstrate your commitment to each other and the relationship - in both good times and in bad times.
6. You and your partner are willing to have the "difficult" conversations – no matter how difficult these conversations might be.
7. You demonstrate the above behaviors consistently – over time - regardless of how angry or hurt you might be with each other.

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If trust has been breached within your romantic relationship, it's imperative that breach of trust is repaired.

Throughout the remainder of this course, you are going to learn all the tips, tools and strategies you need so you can improve and repair any breach of trust within your romantic relationship.