
Understanding Our Couple Dynamic:

THE TRUST WE'VE BUILT

Trust is essential in any relationship. You are building a future together. You've got trust in each other and in yourselves as a couple. But all relationships go through challenges with trust. Think about trust in "workable parts".

Remember: Most couples don't have **all** aspects of trust **all** the time. You can work to build up the blocks of trust that are weaker, and rely on your strong blocks when times get tough.

What parts of trust do we have as a couple? What parts could we work on?

Boundaries: ☐ Got it! ☐ Needs work

- We respect each other's personal boundaries and physical space.
- It's ok to ask for something.
- It's ok to say no.

Accountability: ☐ Got it! ☐ Needs work

- I take responsibility when I am wrong. You do, too.
- I clear things up and try to make amends when I make a mistake. You do, too.

Honesty: ☐ Got it! ☐ Needs work

- We can speak the truth to one another.
- We do not speak untruths to each other.
- We are able to discuss and agree about information to share with others.

Generosity: ☐ Got it! ☐ Needs work

- We extend a generous interpretation to each other's words and actions.
- I assume the best intention in your actions. You assume the best in mine.

Reliability: ☐ Got it! ☐ Needs work

- You do what you say you will do. I do, too.
- We are both able to deliver on commitments.
- We make clear requests when we need each other's support. We don't assume.

Privacy: ☐ Got it! ☐ Needs work

- We respect each other's privacy and don't share personal information with others.
- If we agree to keep something between us, we do.
- We respect and protect our family's privacy.
- We respect each other's physical space.

Nonjudgment: ☐ Got it! ☐ Needs work

- I can express myself without fearing your judgment.
- You can express yourself without fearing my judgment.
- I can ask for what I need and you can ask for what you need.

*Inspired by and adapted from **Braving the Wilderness: The Quest for True Belonging and the Courage to Stand Alone** Author: Brene Brown*