

## REBUILDING TRUST

Trust is a must. Be sure to address all aspects of your relationship – communication is a must. Also free time, finances, sex, the children and other family members, personal habits, and so on.

See list below (Your partner may also ask these of you):

- Plan time to be alone with me.
- Spend more time in foreplay – kissing and touching.
- Tell me what upset you during the day.
- Tell me what pleases you during the day.
- Focus on what I'm saying, and don't be distracted when we talk.
- Tell me when you feel I've let you down.
- Work on letting your anger go and getting back on track with me.
- Take a massage class with me.
- Show me affection outside the bedroom.
- Buy new furniture for the bedroom (where you brought your lover).
- Talk to me directly about your feelings. Don't clam up and withdraw or attack me.

Don't use humor or sarcasm to make your point.

- Ask me how I feel; don't interpret my behavior or assume you know how I feel.
- Hold me and show understanding when I'm upset; don't give up on me.
- Make weekend plans for us.
- Work on being more understanding of my need to take on independent projects; don't assume I'm trying to escape you.
- Tell me when you feel insecure about us, rather than assume I'm deceiving you.
- Provide me with an accurate itinerary when you travel.
- Limit your overnight travel.
- Tell me when you run into your lover.
- Tell me if your lover contacts you.
- Tell me if you're planning to contact your lover.
- Show me what pleases you sexually.
- Tell me when you feel proud of me, and why.
- Call me during the day.
- Tell me how you feel – share your intimate thoughts with me.
- Tell me when you like the way I look.
- Tell me when you feel happy or more optimistic about our future together.
- Come home from work in time to have dinner with the family.

For more information or help, please call:

**MASTERPEACE Center for Counseling and Development**

308 S. Maumee Street, Tecumseh, MI 49286 • 517-423-6889 • [www.mpccd.com](http://www.mpccd.com)