

thank you



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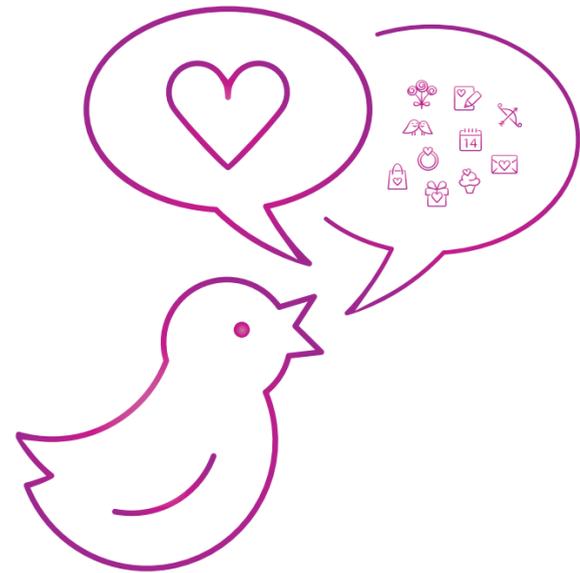
Life Coaches Toolbox is a collection of
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A big resource of NLP-based Life Coaching
strategies, processes, techniques, exercises, games,
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WHAT WILL IT TAKE FOR YOU TO TRUST ME AGAIN?

When you want to show your commitment to changing your behaviors and ways, or speed up the process of rebuilding trust, you can do it by having a conversation with the other party about what it will take for them to trust you again.

Often people really don't know what they need and so the questions listed here are designed give you and them a framework in which to explore what they could possibly want to see happen to rectify this situation.

Remember that different people have different love language expressions and what may seem strange to you could be exactly what they need. This is about them, not you, so be willing to compromise, even when you don't understand it or agree that it's necessary.

QUESTIONS

What will it take for you trust me again?
What can I do to earn your trust?
What behaviors would you like to see from me?
What behaviors would you like me to stop?

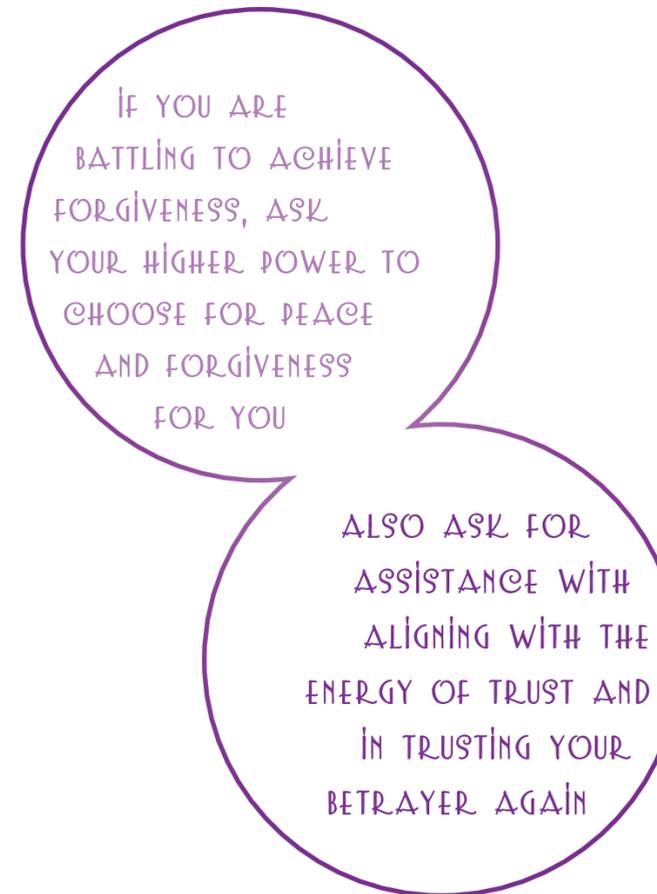
How can I help you to feel safe?
What do I do that makes you feel safe?
What have I done in the past that made you feel safe?
What have others done in the past that made you feel safe?
Is there anything I can do to ensure that you know that I am truly remorseful for what I've done?

Will it help if I spend time cuddling you?
Do you need time alone?
Do we need to go away on a trip?
Do you need a formal apology?
Do you need me to apologize to anyone else like friends or family?
Would you like to enlist external help?
Would you like to be more social over the next while?
Is there any other activity or event that you feel may help you?

Is there any day-to-day activity you would like me to avoid doing during this time of rebuilding trust?
Is there anyone you would like me to cease contact with?

I understand that this that will take time to heal.
How would you like me to handle physical contact?
How would you like me to handle sex and intimacy?
Would you like me to initiate it?

We need to talk about this regularly in order to ensure that we deal with the issue over the long term.
Would you like to schedule regular discussions or have me initiate a chat every few days, or do you prefer to take responsibility for initiating these discussions?
Can we please set a regular interval by which each discussion must take place – say every five days?



SHARING SECRETS

This is a long-term trust building exercise.

The exercise entails exactly what the name suggests – you will share secrets with each other an ongoing basis, roughly one a day.

The process is incremental, starting with each party telling one small secret to the other everyday.

Over time, as your trust and bond grows, you can increase the intensity of the secrets you tell each other from small to medium and eventually big and huge!

Done consistently over time, this exercise will not only grow your levels of trust, but also your levels of intimacy and your bond and connection, because you are both learning new things about each other, in many cases intimate information that no one else knows.

To vary this exercise into a forgiveness exercise, have the listening partner hear the confessor tell their story in silence and afterwards say:

On behalf of all humanity, God and the Universe, I forgive you for your transgression.



categories



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Life Coaches Toolbox has a number of free diagnostic tools and resources that coaches, trainers, mentors and managers can use with clients, or that you can use on your own.

- Affirmations
- Anchoring
- Belief Systems
- BodyTalk Tapping
- Boundary Setting
- Building Trust
- Chakras
- Chinese Medicine
- EFT Tapping
- Eliminating Ego
- Energy Work
- Energetic Protection
- Fear & Anxiety
- Feeling Stuck
- Fighting & Arguments
- Focus & Motivation
- Forgiveness
- Gratitude & Appreciation
- Generating Joy
- Human Strategies
- Inner Voice
- Intuition
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- Manifestation
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- Shifting Crises
- Shock & Trauma
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- Mudras
- Writing Processes