

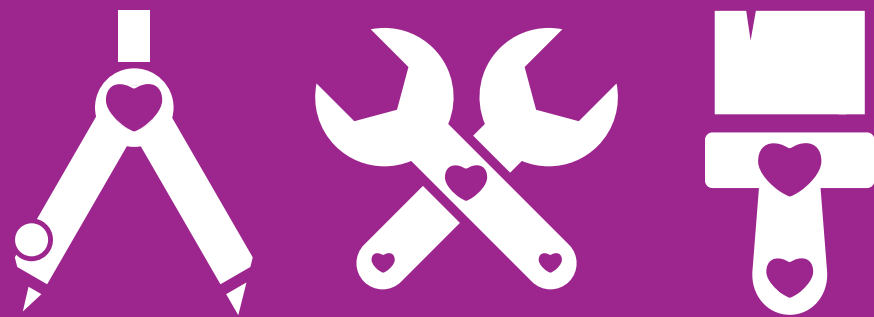
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# BUILDING & REBUILDING TRUST

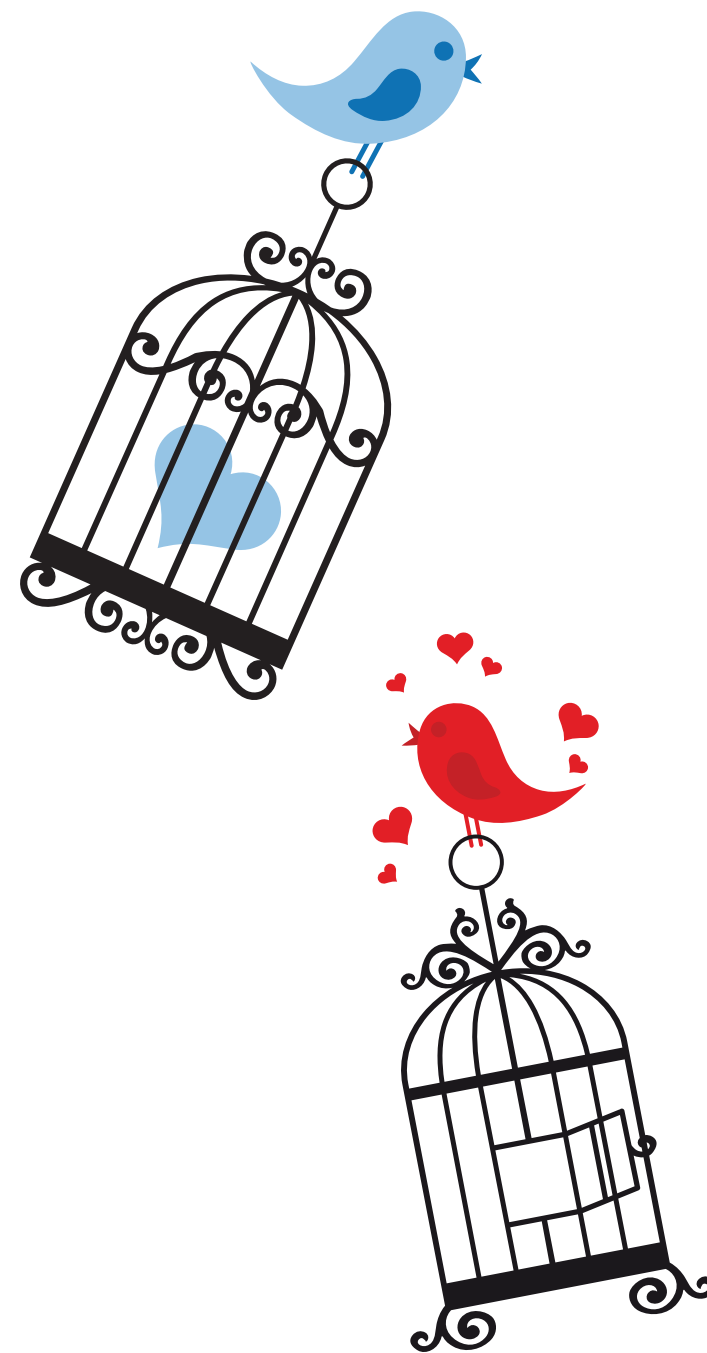
Rebuilding trust after a betrayal is difficult – especially when you feel like your heart is all caged up and there's nothing you seem to be able to do to get through to it.

As someone who has been there, I can honestly tell that this is not going to be easy... like forgiveness work, the exercises are simple but can be incredibly difficult to actually do.

Likewise, you'll hear people say that forgiveness and trust exercises are useless, which is true if your intention is wrong. Get your intention right and really mean for trust be granted again and it will happen – the exercises will work their magic.

With emotions like this you have to throw every tool in your arsenal at it sometimes, chipping away repeatedly until you reach a breakthrough – you will reach a breakthrough eventually, but only if you keep going.

The longer you've waited and diligently worked on the issue, the bigger that breakthrough will be usually.



But is it really worth that long of a wait? Is it really worth it to be miserable for longer than you have to be?

Because let's face it, when you don't forgive or trust someone, and you don't enjoy being in their energetic space, the person that's really feeling all of this and really suffering is you – not them.

Sadly however – and this is the part you don't want to hear – trust and forgiveness are sometimes time issues, and will take time to heal. I keep mentioning these two together because they do belong together: forgiveness will be your fastest route to restoring trust in any relationship or situation.

Compassion will be a strong second lieutenant in this battle too, and it will feel like a battle at times, especially when you find yourself disliking the person more, instead of less, at stages along the path. With big emotional journeys like this, there are often times you will feel like you're going backwards instead of making progress.

If this is an important or primary relationship for you, then no-holds barred applies to getting the trust issue sorted, especially if you live or work together.

It's just not worth being miserable all the time and feeling trapped at home or work – it will make your whole life miserable, which can lead to depression before you know it, and that can be a nearly impossible spiral to climb out of.

If you are working on all this and you aren't making progress, then there will come a point where you will need to consider outside help. If you leave this to fester for too long then you will find your relationship falling apart.

External help can come in a number of forms, from a coach, counselor, therapist or psychologist to a BodyTalk or Resonance Repatterning Session. You could even try a process like Family Constellations, especially if your love is

not open to attending sessions or doing healing work.

On that note, every exercise can be adapted to be done alone. In the case of relationship work, it will always be more powerful if both (or all three or more) parties are actively involved in the process, because then they've bought into it on a conscious level.

However, trust and forgiveness are energies that we experience internally, and just changing what happens for us internally can shift issues more than miraculously. In fact, as you go along, what you'll discover is that you will do the majority of the work on your own anyway.

The path may feel endless at times, but keep chipping away at it, eventually you will break through, and a breakthrough like this is well worth it, even if it feels unbelievably uncomfortable along the way.

The shift and release you feel when you experience the miracle of forgiveness, of trust being restored, is incomparable, second only to absolute gratitude.

If your soul journey includes a lot of forgiveness and trust work, then at a point you start being able to identify and direct the energy when it comes through – and it's one of the most powerful energies for change I've ever found.

So as you feel the release, channel the energy to an area you're working on, say your weight for example. Feel the energy in your body and nudge it gently to the area you're focusing on weight loss for and feel the area shrinking to the size you want it to be, or see the area looking the way you want it to look.

For non-physical body manifestation, strongly visualize your desired outcome – your goal picture – and push the energy towards that. So, for example, if you are manifesting travel, see yourself boarding and push the energy into that picture. You'll be surprised at how quickly you see results.



## TRUST BUILDING BEHAVIORS

Like every emotion, habit, practice, sport or discipline, the ability to trust can be learned. It's a muscle that can be developed and grown, until one day, before you know it, you have a trust six-pack :)

Even if you haven't had a betrayal or issue in your relationship, or the relationship in question is not romantic in nature, engaging in these behaviors will build trust.

### TRUST REQUIRES CONSISTENCY

**The most important thing about these behaviors is that you do them consistently and you continue doing them forever.**

Trust is not an exercise – trust is a lifestyle. Trusting, being trusted, being trustworthy and being surrounded by trustworthy people are lifestyle choices and they don't have an end date.

On the flipside, this is also the shortcut to attracting trustworthy people into your life – the universe draws to us what we carry within ourselves, so adopt a credo of being trustworthy and you will draw trustworthy souls into your circle.

Likewise you can put years of work into building trust and break it in a second with one stupid action.

It is however impossible to be truly happy in relationship to someone if you don't trust them – the negativity, doubt and distrust will land up poisoning every single one of your encounters, and no one wants to live like that.

In the case of a betrayal, there are a number of weird issues that love to crop up, one of which is the tendency for the betrayer to be suspicious of the betrayed. That is enough to drive you crazy, but it seems to be a part of this journey.

### DO YOU WANT TO TRUST THIS PERSON AGAIN?

Before you begin this journey though, you have to ask yourself if you want to trust this person again.

You might think it's an obvious question that you've already answered by being here looking at trust exercises, but it's still a question you have to ask, because it speaks to your intention.

If there is some small part of you that does not want to trust the other person again, then your efforts will be totally in vain – nothing is going to go your way, because you don't resonate with it.

So ask yourself the question and find all the unconscious and niggling doubts that may prevent you from wanting this and cause you to sabotage yourself.

**You definitely need to ask yourself the question if you have doubts about the person's trustworthiness.**

If they're not interested, or avoiding doing the work or just plain not present in the relationship, you have to ask yourself why you want to trust them again.

Are you holding onto this relationship because you feel you can't do any better? Do you need to work on your self worth?

Are you afraid of being alone? Is being unhappy all the time worth being with someone? Is it fair to them if you don't really love them? Is it fair to yourself to settle for second best?

If your answer is kids and family ties, then do you really want your kids to grow up around a model of untrustworthiness so that they can battle trust issues their whole lives? Is that truly the legacy you want to leave for them, the story you want to write? Do you honestly want to leave your children a future of romantic relationships built on desperation, mistrust and fear?

### ▶️KICKSTART YOUR CONNECTION

**Think back to a time when you watched a really scary movie.**

You know it's just a story, you know it's far from real, but somehow your hands are sweating, you catch your breath, you anticipate the danger coming and you jump when something scary happens. You might even battle to sleep that night or even worse, have nightmares about the movie.

You see, your brain doesn't really always know the difference between real and pretend – it's a processor, designed to respond to sensory input. This is one of the reasons why rehearsing something mentally – even running a race – is as effective as doing it physically and helps prepare you for success.

**You can also use this to your advantage and do something scary with your lover to kickstart your connection again.**

When we're in a new or scary situation, we'll look for what is familiar to us, and an adrenalin-charged, emotion-filled situation can help you flip the internal switch that changes your energetic and emotional orientation to your partner.

It's simple really – go watch a really scary movie or go skydiving or bungee jumping, and you will cling to what you know – the person you know. Your immediate attention will be on what you're afraid of doing, so you'll forget to be distrustful and angry and you'll cling to the one person you know for security.

A few hours or a day or two spent seeing your lover as your place of security can go a long way towards changing your emotional energy towards them.

On the plus side, the same thing will happen for them, so it will be a mutual bonding experience.

### DO FORGIVENESS WORK TOGETHER

**Forgiveness is the most powerful tool you have in your arsenal in almost any situation.**

When it comes to rebuilding trust it's an indispensable tool, because you cannot trust someone if you hold a grudge against them. It's almost always the fact that you are holding on to the event that damaged your trust that blocks your ability to trust someone again.

We're not skilled at building trust, and even though we know that forgiveness is an important part of life and healthy relationships, studies show that over 96% of us have no idea how to even approach it.

The answer to how do you approach this is, with everything.

This is a huge emotional mountain you're about to scale and although the techniques are simple, they are not always easy to execute, especially if you really do them with intention.

Do every forgiveness exercise you can lay your hands on, for both the betrayer and the betrayed and forgive yourselves as victims and perpetrators, and as bystanders that allowed this to happen. If your lover is open and you can do the exercises together, then fantastic. If not, do them on your own – the forgiveness has to happen inside you, whether you were the betrayer or you've been betrayed.

Forgiveness work will always be greatly supported by compassion and empathy. If you can find compassion, empathy and other positive feelings for the person in question, it will become a lot easier to align with the energy of forgiveness.

Again – keep chipping away at it and you will break through. Even if it feels endless, eventually it will resolve.



REBUILDING AFTER BETRAYAL

**Talk about the whole situation on purpose** – over and over again, and don't let yourself or the other person sit in silence and fester.

Take time to check in regularly and ask the difficult questions and say the difficult things out loud – even when it scares you. Ask those questions of your lover too, and if there are any inklings or intuitions you get about what they may be thinking or feeling, then act on those nudges and ask out loud.

**Be as honest and transparent as you can be** – even showing your phone and emails if you have to.

Be gentle with your honesty, because you do not want to say something that your relationship may not recover from, eg. I only cheated because you're so fat!

You might want to say something in the heat of the moment in anger, but sometimes it is that that actually kills the relationship, and not the transgression that was issue in the first place.

**No belittling, screaming, shouting or attacking**, verbally or physically – even if you are angry at the other party.

If you want this to work you have to focus on what you want for the future, and what you want is to trust them again.

**Acknowledge your mistakes**, answer any and all questions and apologise, sincerely and repeatedly. And by that what I mean is repeatedly, over and over and over again, until you've hit their unbelievably high convincer.



BUILDING TRUST DAY TO DAY

**Say what you mean and mean what you say** – and walk your talk.

If you make a promise, stick to it. If you make a commitment, honor it. Tell the truth, the whole truth and nothing but the truth all the time and people will notice, consciously or subconsciously, and they will deem you a trustworthy person.

Yes, white lies matter, because it's always easier to do something once you've broken the seal. Once someone sees you tell enough white lies, they will classify you as untrustworthy... it's too easy for you to lie.

**Respond gently to your love** all the time.

Don't mock, belittle or tease; take their fears and anxieties seriously.

Use statements like: I want to know what's wrong; I want to know how to help you; Please will you let me help you?

You can also use language like: you're important to me, you matter, you belong, I'm so grateful to have you around.

All this will only work if you walk your talk and really mean it though!

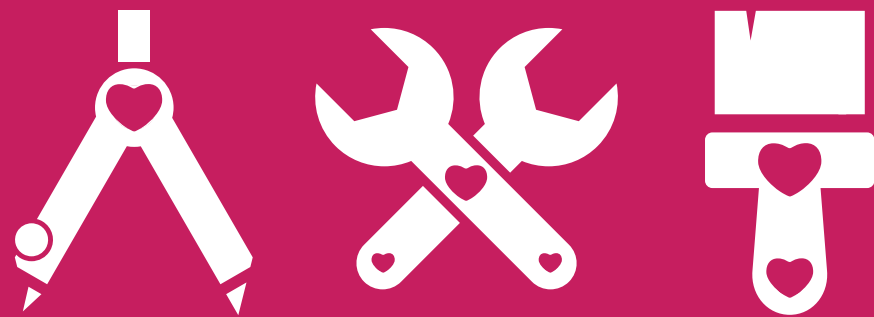
**Put in time and effort to touch and cuddle** so that you bond on a physical level, through the sense of smell and your body releases bonding chemicals like oxytocin, the cuddle hormone.

**Be available and loving.**

Answer your phone, respond to messages, answer questions and be honest, transparent, patient and accommodating.

Show verbal appreciation and appreciation in general.

# 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.

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