

Conversations

MAKING MEANING OUT OF TRAUMA

REAL PEOPLE. REAL STORIES. *with* DIANA KENDROS



What Do You Do When?

TRUST IS BROKEN

In this *Trauma Talk Blog*, we ask the question:
What do you do when TRUST is broken?

TRUST: How people develop and sustain confidence in the sincerity and reliability of other people, despite experiences that may threaten to break that trust. How do we trust people who have done us harm, whether intentional or not?

Our Psychology Today Expert explains that nothing hurts more than feeling betrayed by someone you love and trust. Betrayal can come in many forms, such as dishonesty, disloyalty, unfaithfulness, or withholding. Each of these feels like a moral violation that can cut to the core of your emotional soul and plunge you into a place of psychological distress.

Trust is the glue that holds relationships together. It is what allows you to feel safe so that you can be vulnerable enough to emotionally connect with another person.

Developing trust is crucial in establishing and maintaining relationships and behaving compassionately. It involves experiencing another person's point of view, rather than just one's own, and enables 'helping behaviors' that come from within, rather than being imposed upon us by someone else.

With the pandemic and other recent events we have all been forced to adjust to what has been called *the new normal*. Trust is a mental health building block that allows us everyday to explore life, and take risks to venture into the world into the

unknown -- pandemic of not.

We hope that our experts in this blog bring you insights and good advice.

Let us know what you think – post your comments or share your observations on our [Trauma Talk Blog](#)

We love to hear from you.

Stay Safe and Healthy! Thanks for reading!

Diana and Jan

Articles from Guest Experts | 7 Steps to Rebuilding Trust

Andrea Bonior Ph.D.

7 Ways to Build Trust in a Relationship

Whether starting out or rebuilding after betrayal, here's how to move forward.



Dr. Andrea Bonior is the psychologist behind the popular “Baggage Check” advice column and live chat for the Washington Post. Her “Detox Your Thoughts” challenge for BuzzFeed went viral, and her PsychologyToday.com blog has garnered more than 17 million views.

She has been interviewed by CNN, NPR, Today, and Good Morning America, and has been published by the New York Times, USA Today, Glamour, Self, and Refinery29.

A sought-after speaker, she serves on the faculty of Georgetown University, where she has won a national Excellence in Teaching Award by the Society for the Teaching of Psychology. She lives in the Washington,

Psychology Today

Over and over again in my clinical practice and in my advice column, I often hear from people wanting to build — or rebuild — trust in a significant relationship, whether it's a sexual relationship or a relationship with a friend or family member.

Trust is one of the most crucial building blocks of becoming emotionally intimate with someone; it's absolutely fundamental for a healthy, close relationship. And yet it is far easier, and takes a lot less time, to lose trust than to build it back up. The rebuilding of trust takes time, patience, and work, just as it does to establish it in the first place.

Psychology Today Article

DC, area.

About Andrea Bonior



How to Trust Toolkit



How to Trust Toolkit!

by Angela Bisignano, Ph.D

Topic Expert

Rebuilding trust in your relationship can be difficult after it has been broken or compromised.

Depending on the nature of the offense, convincing your partner that you can be trusted again may even feel impossible. The good news is it's not. Trust can, in fact, be rebuilt if both partners are willing to put in the time and work.

Any healthy relationship is built on a foundation of mutual trust.

Depending on the circumstances surrounding a breach of trust, the steps for reparation may vary. Certainly, there is a difference between a "little white lie" and an emotional or physical affair.

If your relationship has experienced the latter, you may benefit from couples counseling.



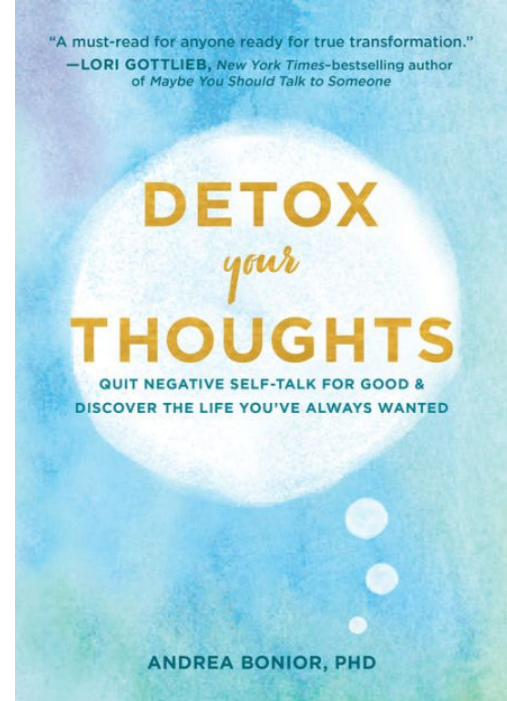
Video & Book Corner

Your Mind, Calmed.

Do you stress out easily? Worry too much? Feel anxious or strive for perfection? You are not alone. Dr.

Andrea is here to help with her new book, **Detox Your Thoughts**. It outlines ten cognitive traps that are most associated with depression and anxiety, and teaches specific and actionable steps to conquer them once and for all. Using the latest research in neuroscience and techniques across several different types of psychotherapy.

Dr. Andrea shows how to develop new, healthier mental pathways— and make them stick for good.



There are a number of issues which can cause the trust in your relationship to become damaged – infidelity, drug and alcohol use, lying, or being regularly unreliable. With commitment from both partners, trust can be regained.

This video offers tips and support to rebuild truth between you.

Please stay safe and healthy!
Diana and Jan

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