

Trust building worksheet for couples

The first step to build trust is to be honest with your partner.

Communication is the key to solve any issue, engage in deep talks.

Share everything with each other, don't hide anything, share your secrets.

Use your body language like eye contact with your partner.

Be sure to appreciate and show gratitude to your partner.

If you have any doubt, ask your partner to clear it. Don't let it bother you only.

Listen to what your partner is saying, like communication listening is also the key for it.

Do not leave any confusion or question unanswered.

Show empathy and love. Try to understand if your partner has made a mistake



On a scale of 1 to 10 how much do you trust your partner?

References

[Cossentino, C. \(2012\). Trust in Relationships: A Study to Determine the Importance of Trust \[Undergraduate Honors Thesis\]. Eastern Illinois University.](#)

[Gonzalez, Camille C. \(2011\). Personal and Perceived Partner Commitment and Trust as Predictors of Relationship Satisfaction in Long-Distance and Proximally Close Dating Relationships of Graduate Students. *Electronic Theses and Dissertations*. 243. <https://digitalcommons.du.edu/etd/243>](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.