

## Trust building worksheets 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?*