

# I trust my partner

## **I trust my partner.**

My relationship is built on honesty and love. We communicate openly. I listen patiently and attentively to what my partner has to say. I set healthy boundaries. At the same time, I am willing to make compromises and be flexible.

**We treat each other fairly.** We share household chores and other responsibilities. We make important decisions together.

We respect each other's privacy. I balance my individual identity with being part of a couple. I encourage my partner to pursue their own friendships and interests. I approach them directly rather than snooping.

We strengthen our commitment. **I make my relationship a top priority.** I consider my partner's welfare as well as my own.

We follow through on little things. I live up to my promises about giving the dog a bath and checking with my partner before inviting houseguests over for the weekend.

We avoid major temptations. I keep myself

out of situations that could undermine our connection.

We rebuild trust when necessary. **I set realistic expectations.** I apologize when I let my partner down. I give them a second chance when they fall short.

I recognize my own trust issues and deal with them constructively. I accept responsibility for how my childhood and previous romantic relationships may affect my thinking. I examine my assumptions and reach out to others who can help me.

Today, I feel happy and secure. **I can count on my partner for love and support.** We care about each other and work together as a team. Our relationship is stable, joyful, and rewarding.

## **Self-Reflection Questions:**

1. Why do I trust my partner?
2. How much do I trust myself?
3. How do I feel when someone trusts me?