What Would More Trust Look Like This Week?



You might trust your partner to keep a confidence and still wish they'd check in after a hard day. Start on your own. Think of one ordinary moment when a little more trust would make a difference.

Which kind of trust comes to mind?

Honesty
You tell me the whole story.

Follow-through
You do what you said you'd do.

Being there
You make time to hear me.

Boundaries
I can say no and you respect it.

Consideration
You ask before making plans for us.

Repair
You come back to make things right.

1 Where do I already feel it?

Think of something your partner did recently that you could count on.

2 If I felt a little more trust, what would I notice?

Picture one thing you could see or hear this week.

3 How could I ask for that in my own words?

"I'm nervous about Thursday's meeting. Could you ask me how it went that evening?"

You can keep this private. If you share it, leave room for your partner to answer.

For a more in-depth look at how to build trust and connection in your relationship, explore Building Trust and Connection, my 10-week, self-paced course.

© 2026 Dr. Katherine Jewett, PsyD, LMFT • Time to Thrive Therapy