SIX CARDS TO CUT OUT OR POINT TO



The Six Ways We Say “I Trust You”

Separately, choose one card that reminds you of a moment you felt trust and one you’d like more of this week. Turn over a card, or point to it, and tell the story behind your pick.

Honesty

“I could ask about what happened, and you told me the hard part, too.”

Follow-through

“When the plan changed, you let me know while I still had options.”

Being emotionally available

“You put your phone down when I told you I was nervous.”

Respect for boundaries

“I said I needed a quiet evening. You let that answer stand.”

Considering each other

“Before you invited everyone over, you checked how my week looked.”

Repair after hurt

“Later you came back and said, ‘I’ve been thinking about how that landed.’”

Tell each other why

“I picked this one because I remember when you ___. One small thing I’d love more of is ___.” Your partner may have picked a different card. Ask what theirs means to them.

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.

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