



The Relationship Project

#2 - The TRUST Factor

What is it? Why is it so important?

Trust is the fragile glass heart attempting to balance above our relationship behaviours. Trust is the ultimate driver of loyalty in relationship. Why? It gives us a sense of safety.

Building **TRUST** has 3 components:

- **EXPECTATIONS**
- **NEEDS**
- **PROMISES**

We all have **expectations** of how our relationships or interactions are going to play out. Expectations have hope and probability. Expectations drive behaviour in partnerships, but we are often not aware of our own or partners.

We all have **needs** that drive us into relationships and interactions. Needs, such as, love, belonging, security, safety, respect, sexual intimacy, companionship etc. But we are often not conscious of what these are either!

Promises, both implicit and explicit are made both, by and to, us everyday. They create the actions that either build or break trust.

FOR A RELATIONSHIP CONTRACT TO BE BASED ON TRUST....

You need:

- A clear understanding of what you both can and cannot expect from being in the relationship. It will change, and therefore requires ongoing management.
 - **TALK**
 - **ASSUME NOTHING**
 - **BE CLEAR ABOUT YOUR OWN NEEDS**
 - **ASK ABOUT YOUR PARTNERS**
- Know what **NEEDS** you want met by your partner and note the tendency for human beings to expect the other to satisfy as many needs as possible!!!! Ahh! Putting all your eggs in one basket spells disaster! As well, your needs change over the various stages of life with factors, such as, children, employment, illness, ageing, geography etc.
- Know the **IMPLICIT** promises you share, don't assume! And, manage your ability to keep them. Eg, I will care for you when you are unwell or I will get some help in, I will listen to you when you have concerns or I am happy to make a particular time when you want to discuss something important. Keeping **EXPLICIT** promises are the backbone in a relationship, eg, I will remain faithful in my intimacy with you or if I am questioning this I will talk to you, I will be proactive in seeking employment to provide for the family etc.

Ref: the truth about trust. Vanessa Hall

GET IN TOUCH

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