

How to Regain Your Spouse's Trust, Part 3

Trust is the belief that your spouse won't do anything to hurt you and will be honest with you. It assumes a level of care that forms a protective envelope around you.

➤ Steps for mate who lost trust

1. Stop denying and _____ to your problem.

Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. (Luke 16:10 - NIV)

1) _____ confess how you got started in your destructive behavior.

2) Commit to _____ being truthful about your progress.

2. You must choose to get help from _____ people and/or programs for your problem/issues.

3. Confess that your behavior was completely _____. *He who conceals his sins does not prosper, but whoever confesses and renounces them finds mercy. (Proverbs 28:13 - NIV)*

1) Regaining your spouse's trust is about selflessly doing everything in your power to make your spouse feel _____.

2) Don't try to lay the _____ for your behavior on your spouse, even if your spouse is guilty of making mistakes of their own in your relationship.

3) Avoid using _____ for your behavior.

4) Don't be _____.

5) Compose a Written _____.

6) Read it _____ to your spouse.

You must have the same attitude that Christ Jesus had. Though he was God, he did not think of equality with God as something to cling to. Instead, he gave up his divine privileges; he took the humble position of a slave and was born as a human being. When he appeared in human form, he humbled himself in obedience to God and died a criminal's death on a cross. (Philippians 2:5-8 - NLT)

4. Answer your spouse's questions _____. *Then we will no longer be immature like children. We won't be tossed and blown about by every wind of new teaching. We will not be influenced when people try to trick us with lies so clever they sound like the truth. Instead, we will **speak the truth in love**, growing in every way more and more like Christ, who is the head of his body, the church. (Ephesians 4:14-15 - NLT)*

5. Be open, transparent and _____.

1) _____ your spouse to go with you to places you usually go alone.

2) Be aware that your phone, email, voicemail, and even things like bills may feel like possible _____ of secrets and lies to your spouse.

3) You must be accountable to your spouse AND to a more _____ person of the same sex.

- Your life must become an “_____” at all times.
- Your spouse and your accountability partner must be given the _____ to check cell phone calls and text messages, phone records, credit card slips, pockets, purses, personal email accounts and the websites you have visited.
- Your spouse will also need to _____ where you are going, with whom and what you will be doing.

6. Be _____ while your spouse learns to trust you again. *Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive. And above all these put on love, which binds everything together in perfect harmony.* (Colossians 3:12-14 - ESV)
- 1) Avoid _____ quick forgiveness.
 - 2) Don't think that confessing, apologizing and pledging to remain honest going forward is enough for things to return to _____.
 - 3) Know that your spouse will not have much control of their _____.
 - 4) Don't try to determine the _____ it should take your spouse to be "over it" and don't ask them for a time frame. We suggest you learn the three questions (the Listening Test) in the Webinar titled "[How to Listen on the Same Wavelength](#)" on our website.
 - 5) Define and Recover Sexual Intimacy (especially if after pornography addiction). **It takes time to rebuild sexual intimacy after one spouse has been using pornography or other addictions.**
7. Spend time with your spouse and be _____ available to them. *Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble.* (1 Peter 3:8 - NIV)
- 1) Be there to _____.
 - 2) Be there to _____.
 - 3) If you have to be _____, keep your phone on whenever possible so that your spouse can _____ you.
 - 4) If your spouse tries to end the relationship, be *very* clear that you _____ that, and offer to make any additional corrections to support your words with behavior.
8. Make your spouse feel that he/she is the most _____ person in the world to you. It's your responsibility to counteract their feelings and convince them that you are changing and being healed of your destructive/harmful behavior. *I belong to my lover, and he desires only me.* (Song of Songs 7:10 - NCV)
- 1) _____ a list of at least 30 things that are special and _____ about your spouse.
 - 2) Practice the three A's daily: _____, _____ and _____.
 - 3) When your relationship feels stuck and struggling, remember to stop and ask yourself this question: "*How would _____ respond?*" *If you need wisdom, ask our generous God, and he will give it to you. He will not rebuke you for asking.* (James 1:5 - NLT)
 "I love you. You are the only one I want. We matter. I am so sorry for the pain I caused you and our family. It feels doubtful right now, but we can get through this."
 - 4) Tell you mate often you love them; say it sincerely, from the heart, looking them straight _____.
9. Don't do things that further _____ your mate and add salt to the wounds.
10. Buy up every opportunity to rebuild _____.
- 1) Develop a practice of reading Scripture and _____ together daily – see our Webinar: [Getting Closer to God and Each Other: Reading and Praying Together.](#)
 - 2) Be _____.
 - 3) Make the _____ to live as the mate you *want* to be.

➤ **Steps for betrayed mate who needs to trust again**

Whatever your mate has done to damage your trust, you have some choices to make:

- Do you want _____ or do you want a _____ with your spouse?
- Are you willing to _____ **your mate to change**? Allow them to re-establish trust? Or do you think they are unredeemable?

The steps are:

1. Remember, your spouse is not your _____.
2. Forgiveness is a _____, not just a feeling. Choose to forgive your mate.
3. Commit to open and honest _____.
4. For a while, you will need to talk and _____ _____ with your spouse everyday.
5. Live in the _____, not the past.
6. Trust yourself to _____ again.
7. Use this time to _____ yourself better.
8. Become _____ together with God.

➤ **Conclusion**

Now that you know these things, you will be blessed if you do them. (John 13:17 - NIV)

➤ **Couple Sharing**

For Each spouse:

1. Which of the steps for you do you feel would be most helpful?
2. Which of the steps do you feel will be the hardest to practice?
3. Which of the steps do you think will have to be practiced the longest to have the desired effect on restoring trust?

➤ Resources for Help:

The first place you should check for help is your Pastor as he might recommend a counselor your church has on staff or on retainer and/or he might know of some groups currently meeting in your area of need.

Christian Counseling

- Focus on the Family: <https://ccn.thedirectorywidget.com/> (Source of Christian Counselors throughout the U.S.)
- American Association of Christian Counselors: <http://www.aacc.net/resources/find-a-counselor/> (Find one near you)
- Pastoral Counselors: <http://www.aapc.org/Default.aspx?ssid=74&NavPTypeId=1708> (Pastoral Counseling)
- Marble Retreat Center: www.marbleretreat.org (Intensive Counseling for Couples involved in Christian Ministries)

Anger & Criticism (See also Emotional Abuse below)

- Online Webinar Series by GTO Marriage Ministries: <http://marriages.net/anger-conflict-series/> (Anger and Conflict webinar series)
- Christian Advice: <http://www.christianadvice.net/anger-management-help-and-advice-on-dealing-with-being-angry/> (Good Advice re: anger)
- Focus on the Family: <http://www.focusonthefamily.com/lifechallenges/emotional-health/changing-an-angry-spirit/changing-an-angry-spirit> (Changing an Angry Spirit)
- Christian Counseling and Education Foundation: <https://www.ccef.org/topic/anger> (With resource links)

Addiction Treatment

- American Addiction Centers: <http://americanaddictioncenters.org/rehab-guide/christian/> (Where to go for help)

Alcoholism & Drugs

- Alcoholics Victorious: <https://alcoholicsvictorious.org> (Finding a Group)
- Celebrate Recovery: <http://www.celebraterecovery.com/> (Faith-based recovery groups)

Sexual addiction

- Faithful and True Ministries: www.faithfulandtrueministries.com (Proven Faith based help)
- Pure Intimacy: www.pureintimacy.org (Focus on the Family Help for pornography addiction)
- Bethesda Workshops:
 - www.bethesdaworkshops.org (Various services Bethesda offers)
 - <http://www.bethesdaworkshops.org/resources/organizations/> (List of Treatment Centers and Organizations)
 - <http://www.bethesdaworkshops.org/resources/links/> (Large list of resource help links)
- S-Anon International Family Groups: <https://www.sanon.org> (Groups for families of addicts)
- Covenant Eyes: <http://www.covenanteyes.com/> (Internet accountability and filtering)

Gambling Addiction

- Christian Drug Rehab: <http://www.christiandrugrehab.com/christian-recovery/christians-and-gambling-addiction/> (Article on Gambling addiction with resource help)

Emotional/Physical Abuse

- Center for Relationship Abuse Awareness: <http://stoprelationshipabuse.org/get-help/> (Getting Help)
- National Domestic Violence Hotline: 1-800-799-SAFE (7233) Website: <http://www.thehotline.org> (For safety)
- Wikihow: <http://www.wikihow.com/Deal-with-Emotional-Abuse> (Not faith based, but gives ways to get help)
- End It Now: <http://www.enditnow.org/> (Seventh Day Adventist – various resources)
- Health and Human Resources: <https://www.womenshealth.gov/violence-against-women/types-of-violence/emotional-abuse.html> (Government website – lots of information)
- University of Michigan Health System: http://www.med.umich.edu/abusehurts/abuse_emotional.pdf (hotline and safe house)
- Focus on the Family: <http://www.focusonthefamily.com/lifechallenges/abuse-and-addiction/understanding-emotional-abuse/understanding-emotional-abuse> (Understanding Emotional Abuse series)
- Springtide Resources: <http://www.springtideresources.org/resource/responding-emotional-abuse-how-you-can-help-someone-you-know> (Responding to Emotional Abuse)