

Rebuilding Trust

Trusting God:

1. I surrender my spouse's life to God's protection and care, knowing that I cannot control another person's behavior.
2. I surrender my life to God, trusting that God will provide for all of my needs, regardless of what happens.
3. I trust God's timing for my healing and growth process.
4. When I struggle with not having information I need, I trust that God will provide that information to me.
5. I shift the trust that I was blindly giving to my husband—an imperfect human being—to God, the source of trust.
6. I trust that God will never abandon me, no matter how silent or distant God may seem.
7. I trust that God loves me—God's precious one—and wants to prosper me and give me life. **Jeremiah 29:11**
8. I trust that God will meet all the desires of my heart, even if my earthly relationships do not.
9. I seek to figure out the next right step rather than trying to control the future and figure out everything ahead of time. **Isaiah 30:20-21, Proverbs 3:5-6, Proverbs 16:9**
10. I trust that God will not waste my pain, that God will use my pain to strengthen me personally, relationally, and spiritually. **James 1:12, Romans 5:4**

Trusting myself:

1. I learn to slow down and listen to the holy whispers within me (my intuition, hunches, and gut feelings). **John 14:15-17, 1 Kings 19:11-12, Psalm 46:10**
2. I acknowledge my feelings and learn what they are telling me about my thoughts, needs, desires, and decisions.
3. I know the truth about who I am based on how God defines me, not by how others define me. I am worthy, I am capable, I am beloved.
4. I assess my fears and anxieties and work on healthy ways to eliminate or manage them.
5. I commit to becoming a whole person—capable of being alone if I need to be—so as not to make decisions out of fear.
6. I grow my ability to create a safe community, identify my needs, and ask for help— I am not dependent on my husband to provide all that I need for my life to be OK.
7. I demonstrate that I am trustworthy despite what others are choosing to do. I choose to walk the high road.
8. I examine my life to understand old experiences, messages, or beliefs about trust.

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Trusting your spouse—ways that he can contribute to being trustworthy

1. He is willing to get help—to accept that he has a problem.
2. He is broken & remorseful—he has a “changed” heart. He wants to get well.
3. He is willing to do *whatever it takes* to stay sober and change his life. (Many men for accountability, counseling, working on trauma, etc.)
4. He works diligently on setting boundaries and creating safeguards for himself, which help me to feel safe.
5. He doesn't blame me for his choices/acting out.
6. He shows patience for my questions, anger, and hurt.
7. He supports my need to get help—money, helping with kids, etc.
8. He is internally motivated to be well. He doesn't let my behavior, feelings, or opinions distract him from being sober.
9. He is willing to regularly offer information about being sober. (FANOS—see *Shattered Vows*, pgs. 184-85)
10. He is willing to be honest about all things: where he is going, who he is with, why he is late, etc. (including giving me passwords to email, permission to open his mail, etc.) He is willing to be an open book.
11. He is willing to talk about the past as I need to—full disclosure (recommended with a professional).
12. He is willing to maintain additional boundaries that would help me feel safe.
13. He is working on understanding the *why* of his addictive behaviors—the deeper root causes.