

Rebuilding Trust

Below is a list of reasonable accountability behaviors you may need in order for your trust to be rebuilt. Put an X next to the behaviors you need right now.

Share those with your husband; *allow him to respond with ways you can encourage him also. Post this in a place where you will see it, to help yourself remember how to AGAPE love one another. Agape love- the way a God loves us- is loving someone for the joy and good of another person (not selfish love) but selfless love.*

Remember that you will rebuild trust in steps, so don't mark everything. Choose four or five for the next month then revisit the list.

- Limit overnight travel
- Reassure me until I'm able to trust you again
- Be transparent; share your intimate thoughts and feelings with me
- Share your positive feelings about me
- Tell me what you need from me
- Spend time connecting with me (spiritually, emotionally, physically, and sexually.)
- Tell me what upset you during the day
- Listen to my positive and negative feelings, and don't try to fix things
- Focus on what I'm saying and don't be distracted when we talk

- Show me affection outside the bedroom
- Hold me and show understanding when I'm upset; don't give up on me
- Avoid old patterns that are temptation
- Resist the temptation to pressure me to heal faster
- Make your cell phone, bank statements, credit card statements, and email accounts available to me
- Get into couples therapy/individual therapy with me and work to figure out exactly what the betrayal says about you, me, us
- Offer full disclosure- tell me the whole truth
- Tell me when you are tempted to relapse
- *Other:*

Other talking points:

I like it when you....

It makes me feel safe when...

I feel loved by you when....

It hurts me when you...

My dreams for our future look like...

Excerpt taken from "When Your Husband is Addicted to Pornography" by Vicki Tiede p. 90, italics mine.