

# Trust-Rebuilding Roadmap

*Trust isn't rebuilt in one moment—it's rebuilt in a thousand consistent ones.*

This roadmap is a recovery tool designed to guide individuals and families through the layered process of rebuilding trust after betrayal, secrecy, or compulsive behaviors. Whether you're the one in recovery or someone learning how to feel safe again, this structured flow helps you reflect, plan, and move forward with intention.

## Step 1: Acknowledge the Rupture

Describe what happened and how trust was broken. Be specific and honest.

*Example: "I borrowed money without telling my partner to fund gambling."*

Include:

- What actions caused harm
- Who was impacted
- Emotional consequences

## Step 2: Clarify What Trust Means Now

What does trust look like for each person involved?

- Is it transparency with money?
- Is it following through on promises?
- Is it emotional honesty?

Use journaling or a discussion to clarify new expectations.

## Step 3: Set Repair Goals

Create shared, realistic goals that signal progress—not perfection.

*"I will check in weekly about finances." "I will attend therapy and share updates."*

Goals should be:

- Specific
- Measurable
- Time-bound
- Mutually agreed upon

#### **Step 4: Practice Consistency**

The most powerful trust repair tool is follow-through.

- Keep your word
- Share progress even when it's slow
- Be open when you mess up—honesty is more healing than image management

Track with a habit tracker or accountability system.

#### **Step 5: Invite Open Dialogue**

Schedule regular trust check-ins. This is time to share progress, fears, needs, and frustrations without defensiveness.

Tips:

- Use “I feel...” language
- Validate the other person's experience
- Resist dismissing or justifying past behavior

#### **Step 6: Name Milestones**

Mark recovery wins together. Recognize when trust-building moments happen.

Examples:

- Being invited to help with a shared decision
- Receiving an expression of appreciation or reassurance
- Getting feedback without it feeling like a threat

#### **Step 7: Rebuild Self-Trust**

If you're the one who broke trust, you also need to rebuild trust with yourself.

Reflection prompts:

*“Am I proud of how I showed up today?” “How did I honor my values this week?” “Did I respond instead of react?”*