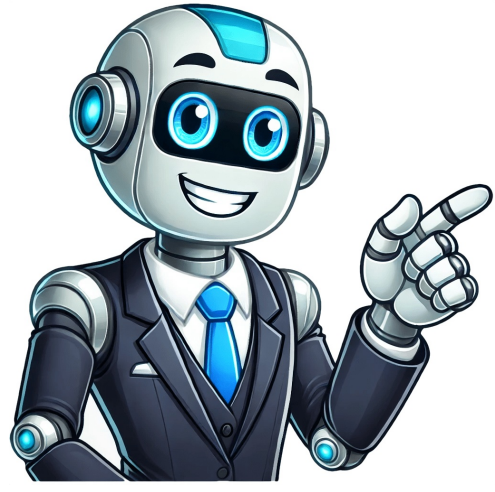


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aren't sure what they need from you to work on the relationship, you can ask. Just make sure you're ready and willing to actively listen to their answer. If you're ready to apologize and talk about what happened, and begin working towards things, your partner may not feel ready yet. It can take time to come to terms with a betrayal or broken trust. People process things in different ways, too. Your partner might want to talk right away. But they also might need days or weeks before they can address the issue with you. It's important to avoid pressuring them to have a discussion before they're ready. Apologize and let your partner know you're ready when they are. If you're struggling in the meantime, consider talking to a counselor who can offer unbiased and supportive guidance. Your partner may need space and time before they can discuss what happened. And often, this might involve physical space. This might be difficult to face, but respecting your partner's boundaries and needs can go a long way toward showing them they can depend on you again. Your partner may want more transparency and communication from you in the future. This is common after a betrayal of trust. You may even willingly share your phone and computer with your partner to prove your honesty. But if you've made some progress in repairing your relationship and your partner continues to monitor your activities and communications with others, talking to a couples counselor can help. In the immediate aftermath of broken trust, you'll want to honestly answer your partner's questions and commit to being completely open with them in the future. To do this, you have to make sure you're clear on the level of communication they need. Let's say you broke their trust by withholding some information you didn't think was really important, and you didn't understand why they felt so betrayed. This can indicate there's a deeper issue with communication in your relationship. If you want to repair your relationship and avoid hurting your partner again in the future, you need to reach a mutual understanding of what good communication looks like. Miscommunications or misunderstandings can sometimes cause as much pain as intentional dishonesty. Being in a relationship with broken trust can be extremely uncomfortable. Both sides might be eager to get the whole rebuilding process over with as fast as possible. But realistically, this takes time. How much time, exactly? It depends on a lot of factors, particularly the event that broke the trust. Long-standing patterns of infidelity or dishonesty will take longer to resolve. A single lie grounded in a misunderstanding or desire to protect may be easier to address, especially when the partner who lied shows sincere regret and a renewed commitment to communication. Have patience with yourself. Don't let your partner rush you. A partner who truly regrets hurting you may be hurting, too, but if they truly care for you and want to fix things, they should also understand it isn't helpful to rush right back into the way things were. Rebuilding trust isn't an easy task. It's normal to question if it's even worth it before you decide to commit to working on your relationship. If your partner makes a mistake or two over the course of a long relationship and owns up to it, working on trust issues may be the right move. As long as there's still love and commitment between the two of you, working on trust issues will only make your relationship stronger. But if you know you'll never be able to completely trust your partner again, no matter what they do, it's generally best to make this clear right away so you can both begin to move forward separately. It's also worth weighing your options if you've discovered years of infidelity, financial dishonesty, manipulation, or other major breaches of trust. Other red flags that might signal it's time to throw in the towel include: continued deceit or manipulationan insincere apology behavior that doesn't match up with their wordsEvery relationship goes through a rough patch. There's no shame in reaching out for help. Couples counseling can be a great resource when dealing with trust issues, particularly those involving infidelity. A counselor can offer an unbiased view of your relationship and help both partners work through underlying issues. Having tough conversations about betrayal and trust can also bring up painful emotions on both sides. Having a trusted counselor can also help you navigate the difficult feelings as they arise. It's possible to rebuild a relationship after a breach of trust. Whether it's worth it depends on your relationship needs and whether you feel it's possible to trust your partner again. If you do decide to try repairing things, be prepared for things to take some time. If both sides are committed to the process of rebuilding trust, you might find that you both come out stronger than before — both as a couple and on your own. You may be able to repair a relationship after a breach of trust. It typically requires open communication and time. Share on PinterestTrust is an essential component of a strong relationship, but it doesn't happen quickly. And once it's broken, it's hard to rebuild. When you think about circumstances that could lead you to lose trust in your partner, infidelity may come to mind right away. But cheating isn't the only way to break trust in a relationship. Other possibilities include: a pattern of going back on your word or breaking promisesnot being there for your partner in a time of needwithholding, or keeping something back lying or manipulationa pattern of not sharing feelings openlyBefore going over how to rebuild trust, you'll first want to check in with yourself to understand why you did it. Is it possible that you wanted to end the relationship but didn't know how to? Or were there specific needs that weren't being met by your partner? Or was it just a dumb mistake? Understanding the motives behind your behavior can be difficult, but it's a crucial part of rebuilding trust. If you lied, cheated, or otherwise damaged your partner's faith in you, a genuine apology is a good way to start making amends. It's important to acknowledge you made a mistake. Just remember that your apology isn't the time to justify your actions or explain the situation. If some factors did influence your actions, you can always share these with your partner after apologizing and owning your part in the situation. Make sure to follow up by telling them how you intend to avoid making the same mistake again. If you aren't sure what they need from you to work on the relationship, you can ask. Just make sure you're ready and willing to actively listen to their answer. Even if you're ready to apologize, talk about what happened, and begin working through things, your partner may not feel ready yet. It can take time to come to terms with a betrayal or broken trust. People process things in different ways, too. Your partner might want to talk right away. But they also might need days or weeks before they can address the issue with you. It's important to avoid pressuring them to have a discussion before they're ready. Apologize and let your partner know you're ready when they are. If you're struggling in the meantime, consider talking to a counselor who can offer unbiased and supportive guidance. Your partner may need space and time before they can discuss what happened. And often, this might involve physical space. This might be difficult to face, but respecting your partner's boundaries and needs can go a long way toward showing them they can depend on you again. Your partner may want more transparency and communication from you in the future. 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