



SPECIAL REPORT

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07 TIPS

REPAIRING TRUST

7 Tips for Repairing the Trust in Your Relationship After Infidelity



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by **SUZIE JOHNSON, CPC**



**SOULMATES ARE NOT MADE IN HEAVEN.
THEY ARE CREATED RIGHT HERE ON EARTH.**

Repairing Trust

Special Report

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ABOUT THIS SPECIAL REPORT

Dallas, Texas

7 TIPS FOR REPAIRING TRUST IN YOUR RELATIONSHIP AFTER INFIDELITY

Welcome to my special report on **Repairing Trust**. This report is intended to help those who have been struggling with rebuilding trust in their relationship after infidelity.

If this describes you... then don't despair. Because although infidelity created a "reversal of trust" in your relationship, there IS a way for you to bring that trust back.

WHY IS TRUST SO IMPORTANT IN RELATIONSHIPS?

All relationships are based on commitment, and all commitments are based on trust. If you don't have trust, then you don't have a commitment. If you don't

have a commitment, then you don't have a relationship. This tells you that a loving relationship *without* trust is impossible. That's why the real foundation of all relationships is built on one word: Trust.

WHY DOES IT HURT SO MUCH WHEN TRUST IS GONE?

Trust is held in place by expectations that certain boundaries and limits will be honored. When these expectations are disappointed, it causes pain, because boundaries have been violated.

Please note: It's always a person's "expectations" that are shattered – never the person. When trust is lost, it's never gone forever. It can be rebuilt, and sometimes it even grows back twice as strong.

ONCE DAMAGED, CAN TRUST EVER BE PERFECT AGAIN?

Contrary to popular clichés... trust is NOT like a vase that once shattered, cannot be repaired. In fact, I want you to perish that thought and dance on its grave.

Because here's the beautiful truth...

Trust is a human capacity. It's both a feeling and an experience. So a better way to think of trust is to see it as similar to currency: You connect or you disconnect from trust... but you cannot destroy the capacity to trust or to inspire trust from others.

ARE YOU READY TO REPAIR THE TRUST?

Keep in mind: Trust and guarantees are not the same thing. If you have guarantees, you don't need trust. Therefore, trust is always a risk.

The question then is, what can you do to lower your risk and give yourself the best chances of repairing trust? And that's exactly what this special report is here to help you do. It will give you my 7 best tips, so you can lower the risk associated with trusting again and improve your odds of repairing the trust in your relationship. If that sounds good to you, then let's talk about how you can get the most out of this special report.

Luzie Johnson

Dallas, Texas

HOW TO GET THE MOST FROM THIS REPORT



1. READ THE TIPS WITH AN OPEN MIND.

Keep in mind, some of what I share, you already know... and yet, knowing isn't enough. The goal here is for you to connect with the information at a deep enough level, so it causes you to question your current beliefs, inspires in you a shift in perception, and strengthens your resolve to better understand. Staying open gives you the best chances of doing that.



2. DO THE PROCESS QUESTIONS.

At the end of these 7 Tips, I've provided you with 3 process questions similar to the ones I use with my private clients. The goal of these questions is to take you deeper than reading alone. And as far as I'm concerned, it's taking the time to answer these types of questions that will end up being the difference that makes the difference for you.



3. FOLLOW THE NEXT STEPS.

I've provided you with a "next steps roadmap" to follow (if it makes sense in your situation). Please note: My next steps are just one of the many options you can take. If my recommendations make sense for you... great. If not, then that's also okay. The key here is to remember that this is a marathon (not a sprint), and to survive, you've got to keep moving forward.

07
TIP

BE CONSISTENT



Do you know how trust is ruined? It happens when expectations fail to match reality. Let me explain what I mean by that. When you make a commitment, you create a certain level of expectations. Others *expect* you to honor your commitments and follow through on your promises. However, when your choices reveal in reality, you've dishonored or defaulted on your commitments – it means your actions have failed to match their expectations – and their trust in you is ruined.

THINK OF IT LIKE THIS:

Trust is a real currency in a relationship, just like money is a currency in a bank. The more consistently you meet expectations, the more trust points you gain, and the higher your trust score climbs. And your trust score works just like your credit score: the higher the number, the more freedom, privileges and benefits you can enjoy. The opposite is also true. The more you fail

to meet expectations, the more you default on your commitments, the less trust points and the lower your trust rating.

HERE'S THE THING.

Infidelity is like having a bankruptcy in the trust rating system. The good news is that, just like you can repair your credit, you can also repair your trust rating.

HOW DO YOU DO BEGIN THE REPAIR PROCESS?

The answer is to do the exact opposite of what ruins it in the first place. This means rather than *defaulting* in your commitments – you become *consistent* in honoring your commitments and following through on your promises. Pay close attention to the word "consistent". It's a key distinction because when it comes to repairing trust, consistency is the foundation upon which everything else depends.

3-STEP FORMULA FOR REPAIRING TRUST

- | | | | | | |
|----------|-------------------------------|----------|--------------------------------------|----------|---|
| 1 | HONOR YOUR COMMITMENTS | 2 | TAKE CONSISTENT RIGHT ACTIONS | 3 | ALLOW YOUR ACTIONS TO BE OBSERVED AND VERIFIED |
|----------|-------------------------------|----------|--------------------------------------|----------|---|

NOTICE: Repairing trust is not about perfection - it's about consistency. But here's the kicker. Consistency can only be demonstrated *after* you've made a promise or a commitment. Therefore, you must take consistent right actions and also allow your actions to be observed and verified. Ready to increase your trust score? Here are 3 ways to begin.

DO THIS:

1. Be impeccable with your word (say what you mean and mean what you say).
2. Be open (about your actions and activities).
3. Be dependable (be there when you say you will be there).



TRUST

is not about
PERFECTION.

**TRUST IS ABOUT
CONSISTENCY.**

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TIP 06

MAKE IT SAFE TO TELL THE TRUTH



Do any of these statements ring a bell? *"I just want him to be honest with me!" "I can't believe she would lie to my face like that!" "She's just saying what she thinks I want to hear."* If they do, then don't despair, because they are among some of the more common phrases I hear from couples after their relationship has been rocked by infidelity.

The question that I usually follow those statements up with is this: Is it safe for them to be honest with you? And that's when I get the perplexed look back, usually followed by something along the lines of: *"Why do I have to make it safe? They should just be honest!"*

And it's at this point that I have to explain, that in an "ideal" world, people are honest regardless of the consequences. But back here in the *real* world, people fear negative consequences so much that we have to *make it safe* for them to be honest with us.

THINK OF IT LIKE THIS:

Rather than thinking of honesty like a single-lane highway – where the other person takes all the risk – think of honesty more like a two-way street, where both people in the conversation take a risk. If you want others to be honest with you – then you must be the type of person that it's safe to be honest with.

NOW CHECK IN WITH YOURSELF:

Are you the type of person that it's safe for others to be honest with? (be honest) Unfortunately for many, the

answer is not what they'd want it be. Because, in reality although we often say we want the truth, we often handle the truth poorly. So, asking for the truth is only half of the equation – the other half to getting the truth is that you also be able to handle it. And if you want more honesty, it helps to ask yourself, how truth-worthy are you? How well do you handle the truth? Is it safe for others to tell you the truth?

DO YOU WANT TO MEASURE YOUR TRUTH-WORTHINESS?

Ask yourself. How do you handle the truth you don't like: Do you lash out? Do you punish? Do you judge them? Do you ridicule them, guilt them? Do you get your feelings hurt? Do you get defensive? If you do any of these, then others will perceive that it's not safe to be honest with you. And to avoid the painful consequences, they end up "editing" the truth.

REMEMBER THIS:

If you punish the truth, it means you reward lies. This creates a culture of deception. Couples would rather lie to each other to avoid painful consequences than risk telling the truth and be punished for it.

HERE'S THE THING.

Trust without safety is impossible. Therefore, part of repairing trust in a relationship must include making it safe to tell the truth. So, are you ready to increase your truth-worthiness? Here's some first steps.

DO THIS:

Take responsibility. For your own feelings and your reactions. Rather than showing hurt when you hear the truth, show courage and demonstrate that you can handle the truth.

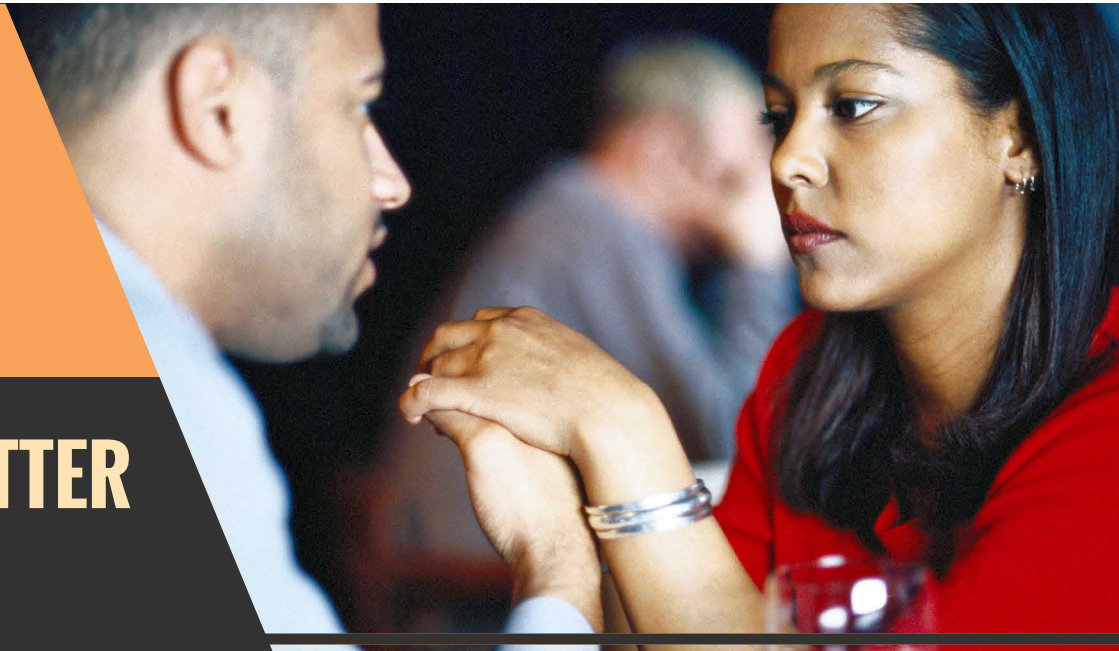
Reward truth. When people tell you the truth even if unpleasant, don't punish them or lash out at them for it. Instead, show graciousness in receiving it.



**If you punish for truth
it means you reward for lies.**

TIP 05

BECOME A BETTER LISTENER



I had a client call me up the other day to complain bitterly about what a poor communicator his wife was. "Really?" I said. "And why do you say that?" He said, "She claims she was unhappy with me for years, and yet she never once sat me down and told me. Instead, she chose to go out and have an affair. That just tells me what a poor communicator she really is."

That caught my attention and made me curious. So I wanted to be sure I understood what he meant. "Are you saying that during the entire 8 years, she never once said anything to you about her unhappiness?" "Well," he amended, "She would say things to me over the years, but I never took them seriously. I mean, she never sat me down and discussed them seriously with me, and that's what got me so upset."

DID YOU NOTICE?

For my client, it's the fact that she didn't "sit him down and discussed things seriously" that he's struggling with. But here's the interesting twist. When I spoke to his wife, she gave me a totally different perspective. She said "I told him all the time, over and over. I told him that I needed more attention, affection and romance, and all he said was I'm not that kind of guy."

WHAT HAPPENED HERE?

Was this a classic case of a break down in communication? Yes; but not the verbal kind; of the listening kind. In this case, my client was "told" but he wasn't able to "hear" what was being communicated. So

although he was complaining that his wife was a poor communicator, the fact that he wasn't a good listener means some of that breakdown in communications rest on his shoulder.

FACT:

Good communication is good listening. And this is where a lot of couples miss the boat, by assuming poor communication is about failure to express, talk or share feelings. When in reality, it's that poor communication is also about failure to listen, notice, and observe what is happening right in front of you.

When it comes to repairing trust, good communication is crucial. So, am I saying that to repair trust, you also need to improve communications? Yes, that's exactly what I am saying. What is the key to good communication? Understanding. Where does understanding come from? You guessed it, listening.

BOTTOM LINE?

Do you want to inspire more trust? Feel more understood? Be a better lover? Then focus on listening deeply. And when you're ready for that, here's one thing you can do to get started.

Do this: Go on a listening date. On a listening date, one partner is the audience and the other is the speaker. The conversation topic and content can be anything the speaker wants. The key is for one partner to simply practice listening.

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Want to be a

better lover?

Then
become a

better listener.

7 TIPS FOR REPAIRING TRUST AFTER INFIDELITY

TIP 04

BE HONEST WITH YOURSELF



WHAT IS HONESTY?

Here's the definition I've found the most helpful: Honesty means consistent loyalty to truth. I think that the word *loyalty* is key. Why? Because "loyalty" means faithfulness; it is the act of binding yourself (intellectually or emotionally) to a course of action. In other words, what you are loyal to, you follow without question.

NOTICE THAT HONESTY IS AN "INSIDE JOB".

It's by your private decisions and choices that you reveal what you are loyal to. If you are dishonest with yourself – then your choices reveal that dishonesty. If you are honest with yourself – then your actions will demonstrate that honesty. Does this suggest that to be honest with others requires us to first be honest with ourselves? Yes, it does.

SHAKESPEARE SAID IT BEST.

"To thine own self be true, as it follows as surely as

night follows day, that you cannot be false to any man." Does this also suggest that the people we can trust are those that are willing to be honest with themselves first? Yes, I believe it does.

THE KEY QUESTION.

How honest are you with yourself? You can find some clues to the answers in key places: (1) how honest you are with others; and (perhaps the more important clue) (2) how honest you are when dealing with reality.

Why is how honestly you deal reality a clue for how honest with yourself you really are? The answer is because reality is the ultimate truth. What you tell yourself about this truth is very revealing.

Want to gain honesty with yourself (therefore become more trustworthy)? Then begin by removing the following obstacles.

5 WAYS TO GET MORE HONEST WITH YOURSELF

01 **Come out of denial**
(stop burying your head in the sand)

02 **Don't inflate or exaggerate**
(no more drama)

03 **Quit Rationalizing**
(don't justify/or defend wrong actions)

04 **Stop blame-shifting**
(take responsibility; own your stuff)

05 **Empty the resentment bucket**
(let go of the past)

TIP 03

HARNESS THE POWER OF VULNERABILITY



When the Japanese carmaker Toyota had to recall thousands of cars, the company's CEO called an international press conference and did something that surprised the rest of the world. Instead of making excuses and trying to blame shift, he stood at the podium and took full responsibility for his company's mistakes. And what's more, he apologized, not once, but multiple times and with his head hung so low, you could see the back of his neck.

While many in the West understood the significance of his apology, many missed the significance of him hanging his head so low. But those from eastern cultures like Japan, understood the significance and meaning behind the gesture. He wasn't just offering apology he was also offering his head on a platter; if we had been in samurai times, he would have risked a beheading.

BUT HERE'S THE INTERESTING THING.

Although many of us in the West missed the cultural significance, we did recognize vulnerability when we saw it; and in the end, it went a long way in repairing the consumers' trust in Toyota here in the West.

Maybe we could all learn a lesson in vulnerability from the Japanese. Seems they understand that although there's great risk in being vulnerable, there's great power as well, especially for those asking for forgiveness and trying to regain trust.

BOTTOM-LINE?

If you're looking for a way to repair the damage caused by your own mistakes, then learning to harness the power in vulnerability is one way of the best ways to do that. Here's tips for making that practical.

4 WAYS TO GET MORE HONEST WITH YOURSELF

DEFENSELESSNESS
Don't defend, counter or make excuses for your actions.

01

DISCLOSURE
Show your flaws, wrong choices and errors in your thinking.

03

EMPATHY
Allow yourself to walk in their shoes (feel what they are feeling).

02

GOING "ALL IN"
fully invest in your marriage (no plan B, no hedging your bets).

04



THERE IS GREAT RISK
in vulnerability

AND

GREAT POWER AS WELL



7 TIPS FOR REPAIRING TRUST AFTER INFIDELITY

TIP 02

EMBRACE CONGRUENCY



Fact is, trust is ruined by taking wrong actions. So, it only makes sense that trust is restored by taking right actions. *Pretty much a no-brainer, right?*

Not so fast.

You see, while many people know this “intellectually”, when it comes to connecting the dots, they sometimes have trouble.

What creates this disconnect? The answer seems to come from what I affectionately call the “exclusion delusion”, which basically boils down to the belief that they are the *exception* to the rule; therefore, they can take wrong actions and have them lead to right results. But, alas, like gravity, the law of right action has no exclusions. Take right actions, you get right result. You take wrong actions, you get wrong results. It’s not personal, it’s simple cause and effect.

And as long as a person continues to delude themselves into thinking that they can take wrong actions and end up with right results – they will continue to be met with misfortune and mistrust.

What do I mean by wrong actions? Wrong actions are those actions, choices and decisions that go against your own principles, moral code and values. So, am I saying that anytime you violate your own principles, codes and standards, it leads you to a wrong result? *Yes, that’s exactly what I am saying.*

HERE’S THE THING...

Just like how wrong actions destroy trust, right actions repair trust. So, what do I mean by right actions? It’s those actions, choices and decisions that are in alignment with your principles, moral code and values. Doing these put you in a state called congruency.

And here’s another thing. Being in this state of congruency makes you into a magnet for trust. In other words, when you are being congruent; taking right actions consistent with your principles, morals and values, you radiate a certain type of energy that makes others feel safe and secure around you; causing them to want to trust you, confide in you, give you the benefit of the doubt and grant you more privileges than you even ask for.

Now the key question: Are you ready to be more congruent, and therefore become more of a magnet for trust? If so, here are some key insights to help you get started.

THE KEYS TO CONGRUENCY

- 1. Harmony:** Let the inner world match the outer world.
- 2. Integration:** Don’t compartmentalize; be the same person across the board.
- 3. No double standards:** Treat yourself and everyone else the same.

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congruency

The magnet for trust.

01
TIPBECOME A
TRANSPARENT
COUPLE

Here's my mantra when it comes to repairing trust. *"If repairing trust is the goal, transparency is the way."*

WHAT DO I MEAN BY TRANSPARENCY?

Well, first thing you should know is that it goes way beyond honesty. Transparency is about allowing your inner and outer world to be known, seen and verified. It's about putting sunlight on all your actions, activities choices and emotions.

WHAT DOES IT MEAN TO BE A TRANSPARENT COUPLE?

It begins with making a commitment to have what I call a sunshine marriage, where you shine a light on all your actions, choices and activities. Not only are there

no secrets between you, but no topics that are off limits and no dark places you can't go. It's also about adopting an "open book" policy where you are not defensive, protective, territorial or secretive about your actions and choices.

NOTICE THE WORD "ADOPTING".

This is because transparency is a voluntary thing. No one can force another person to be transparent; it's something that can only come from within. And yet, here's the reality: the more transparent you become, the faster you restore trust in the relationship. This is why I consider transparency to be the rocket fuel for repairing trust, because nothing gets you there faster.

Are you ready to get on the fast track to repairing trust by becoming a more transparent couple? If so, here are my four agreements to help you get started.



FOUR AGREEMENTS OF A TRANSPARENT COUPLE

01 We agree to grant each other full access to our inner and outer world.

03 We agree to communicate from a place of honesty and fairness.

02 We agree to give full disclosure about intentions, actions emotions and desires.

04 We agree not to take advantage or abuse the privileges of transparency.

DO THIS. Try being a transparent couple for the next 30 days. See for yourself what a difference it makes.



sunshine

marriage

LOVE +
Transparency

FINAL THOUGHTS



So, there you have it: My seven tips for helping you to repair the trust in a relationship, rocked by infidelity. I have faith you've learnt something here that you can use to accelerate your efforts to repair the trust in your relationship after infidelity.

Because if there's one thing I know for certain...

A relationship *without* trust is like a purse without money - empty. And if having an empty relationship doesn't appeal to you, then it only makes sense to make every effort to repair the trust. Sounds like a lot of work? Don't be afraid. It may not be easy, but the rewards are well worth the effort. And to help you reap the rewards of a trusting relationship as soon as possible, here are my top 3 suggestions.

MY TOP 3 SUGGESTIONS FOR YOU

- 1) Print the **Repairing trust infographic** (see next page) and then use it as a visual guide to help you and your partner stay the course.
- 2) Consider enrolling in my **Marriage Rehab couples home study** program. Not only is it a

positive step in the right direction for both of you, it will also help you learn how to forgive each other, become a more transparent couple, and perhaps most importantly, teach you how to redesign your marriage so that it becomes infidelity-proofed for life.

3) Finally, be sure to take the time to answer the **process questions** (see last page). This will help you go deeper into your own psyche to uncover and remove hidden obstacles to trusting again.

Do this and I have faith that they will help to accelerate your shift from feeling like a victim to embracing the power and confidence that comes from being a survivor.

Until we speak again.
Remember... Love Wins!

Suzie Johnson

07 TIPS

REPAIRING TRUST

01

BECOME A
TRANSPARENT
COUPLE



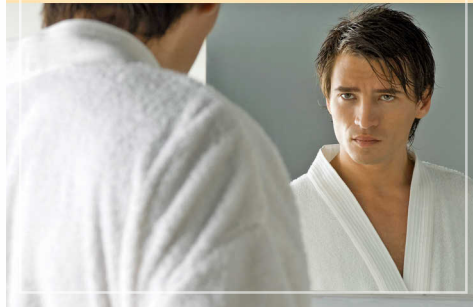
02

EMBRACE
CONGRUENCY

03

HARNESS THE POWER OF
VULNERABILITY

04 BE HONEST WITH YOURSELF



05

BECOME
A BETTER LISTENER



06 MAKE IT SAFE TO TELL THE TRUTH



07 BE CONSISTENT



NEXT STEPS



Register for my
**MARRIAGE REHAB
FOR COUPLES**
HOME STUDY COURSE

- ✓ Heal the hurt
- ✓ Repair trust
- ✓ Infidelity proof
- ✓ Rekindle passion

LEARN HOW TO
RESTORE YOUR
HAPPY EVER AFTER

GET ACCESS NOW

PROCESS QUESTIONS

7 TIPS FOR REPAIRING TRUST AFTER INFIDELITY

Anne Frank became famous for keeping a diary during the Holocaust. What many people don't realize is that writing is a powerful way of processing pain. So, although Anne didn't have a therapist, she did have a way to process what she was going through. I suggest you do the same. Start with these 3 process questions and don't stop here. Keep your own journal. You'll find it can help you tremendously. And should you decide to work privately with me... then bring along these notes, because I have found working directly with you using the reflections you've written down is a more effective way to go.

QUESTION #
01

It has been said that we can lie with silence as well as with words. Describe the times in your marriage when you "told a lie" by staying silent about something important.

QUESTION #
02

Once words are uttered, it's impossible to take them back. Make a list here of 3 words/statements you said recently that you wish you had not.

QUESTION #
03

There's no doubt that lies can have serious consequences. List here the top 3 major consequences your deception has had on you.

“

THERE'S A BIG DIFFERENCE
BETWEEN BEING A BAD PERSON
AND BEING A PERSON WHO
HAS MADE A BAD JUDGMENT.

”

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