

Trust Invites Intimacy

Intimacy flourishes where openness is safe. Each of you has the power to make your home safe for sharing vulnerable thoughts and sensitive feelings—and also the power to create an unsafe environment. Where there is safety, there is trust. Where there is no safety, there is no trust, and intimacy is ill-advised.

Hone Your Skills

Rate yourself from 1 (not so well) to 5 (extremely well) on how well you build trust in each of the following areas.

Trustworthy behavior	How do you do?
I generally respond with interest, not criticism, when my spouse shares his or her thoughts and feelings.	1 2 3 4 5
I talk about my concerns in a tactful way instead of becoming critical.	1 2 3 4 5
I follow up by doing what I have said I will do.	1 2 3 4 5
I am reliable about being on time when we meet.	1 2 3 4 5
I am tactful when I say what I feel.	1 2 3 4 5
I am slow to anger and quick to cool down.	1 2 3 4 5
I contribute my fair share to the work of sustaining our family.	1 2 3 4 5
I am there for my spouse when he or she needs me.	1 2 3 4 5
I keep confidential things that my spouse tells me are private.	1 2 3 4 5
I make no negative comments about my spouse to others.	1 2 3 4 5
I check with my spouse before making large purchases.	1 2 3 4 5
I consult with my spouse on matters in my own life that may impact him or her.	1 2 3 4 5

I am loyal, standing up for my spouse when he or she is threatened in any way.	1 2 3 4 5
I am faithful sexually.	1 2 3 4 5
I am faithful emotionally, avoiding overly personal conversations with others that would feel inappropriate to him or her.	1 2 3 4 5
I try to be responsive to what my spouse wants.	1 2 3 4 5
I share my concerns and feelings with my spouse so he or she can understand me deeply.	1 2 3 4 5
I talk with my spouse when we have different views so that eventually we come to a consensus on issues that might otherwise divide us.	1 2 3 4 5
I care deeply for my spouse's well-being.	1 2 3 4 5

Talk Together

Look over your responses, and share your thoughts on these with your spouse. Be sure you each evaluate yourselves. In addition, sharing what you appreciate in your spouse is helpful. Requesting what you would like more of can also lead to fruitful— though sensitive—discussion.

- What are you pleased about in your trustworthiness?
- Which does your spouse feel he or she does well?
- What can each of you do to make your home feel more safe, and your actions feel more trustworthy?