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Rescue Your Love Life Series #7

## Outline

### **My Lover Should Trust Me Without Question**

Dr. Cloud tells us that we are not owed trust in a relationship: we owe the other person our *trustworthiness*. To truly trust someone allows you to be “careless” with that person. You know the person’s intent, capacity, character, and track record—and you feel safe giving your heart. When you trust, you also put yourself in a position where you can be hurt. In the area of trust, there are misdemeanors and felonies, but some couples act like the two are the same. Learn how to bring your trust issues to the table, and how you can rebuild broken trust.

#### Small group discussion questions:

1) How do you feel about trust?

2) What are the areas discussed that speak to you about your relationship?

3) What’s your plan for structuring trust (to build/repair/restore/earn it)?