



TRUST AGAIN
LEARNING TO TRUST AFTER BEING BURNED



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Introduction



The most hurtful part of betrayal is that it usually comes from someone close to you. There's no chance to prepare your emotions for this deception because you usually don't see it coming. Even when signs indicate that someone close to you might be breaking some important trust, you may justify that this is not what's happening.

Sometimes this is the person most important to you, the person you've decided to share your life with. Perhaps it's a longtime business partner. It might be that a friend of yours seems to be acting dishonestly.

This can't be. You refuse to believe it. Many people in this situation put blinders on because they can't deal with the idea that someone close to them has hurt them.

Denial can relieve the pain of getting burned by someone you care about, but eventually, you must face the situation.

If this happens to you, one of the first questions you will ask yourself is if you'll ever be able to trust anyone again.

It's a normal reaction to become defensive. You begin looking at your personal and professional relationships with a microscope. If you're not careful, you can see problems where they don't exist. Then your distressed emotional state can have you acting out in a way that damages relationships with people who have been loyal to you.

Believe it or not, it's possible to trust confidently and completely after you've been burned.

You can do certain things to keep one person's betrayal from wrecking your personal and professional relationships with others. What might be even harder to believe is that you can learn to once again trust the very individual that caused you so much pain.

That's the healthy emotional place you can reach with this report.

We are first going to share a definition of trust with you. After defining the word, we'll talk about what it is, what it means, and why it's so important for the most fulfilling and successful personal and professional relationships. If you've been betrayed by someone close to you in the past, you understand that there are consequences that accompany a broken trust. We'll look at some repercussions you encountered when someone you trusted was unfaithful or dishonest.

To help you heal, it's important to understand why the trust was broken in the first place. Was it intentional? Could it have been unintentional and possibly the byproduct of some innocent behavior? There are specific reasons why betrayal occurs, whether you're dealing with a business partner, a coworker, a friend, a spouse, or a life partner.

We'll look at why trust is broken, hoping you can address some of these issues before irrevocable damage is done to your relationship instead of dealing with the aftermath.

There are powerful negative psychological and emotional effects of a betrayal of trust. They can't be ignored. You'll have to face them to put this experience behind you in a positive way.