This ***REFLECTION on Trust and Support*** allows you get a better understanding of your thoughts and behaviours towards your partner or ex-partner, and how you can make personal changes.

Think of a ***particular situation*** where you treated your partner in ways that were isolating and non-supportive (accusing her of having an affair, putting down her friends and/or family, not allowing her to see certain people etc.)

***Please circle the suggestions in each category that reflect your situation and experience and add your own thoughts to the best of your knowledge.***

**Situation:** Before I acted to isolate her; she was late - I checked her messages - I was jealous - I was mad at her friends - I didn’t like her family - she would not talk with me – I heard rumours that she was fooling around, others: …

**Self-Talk:** Before I acted I told myself; she doesn’t care about me - I don’t deserve this - she is going to leave me - her friends / family are more important to her than I – she is cheating on me - I hate her friends – she is not to be trusted – she always does this – she is supposed to be only with me – she dresses too provocatively - other…

**Feelings:** Before I acted; I felt angry – abandoned –sad – hurt – lonely – helpless –confused - rejected – jealous – desperate - other….

**Actions:** I isolated her; monitored her whereabouts – checked her cell phone / computer –called her frequently - put her down – put down her friends / family – threatened her – followed her – broke her phone – told her nobody would believe her – told her friends how bad she is – threatened to leave – threatened to kill myself - other…

**Intents:** With my actions I wanted to; stop her what she was doing or saying – make her dependent on me – change her behaviour - do what I want – not listen to certain people – stay with me - show her that she needs to stay with me - other…

**Beliefs:** My actions and Intents were based on my thinking that; she doesn’t have the right to act the way she does - I have the right to control who she talks to – it’s ok for men to behave like that - she deserves it – I show her my love by controlling her - men have the right be jealous – jealousy is a sign of love - other…

**Effects on her:** As result; she cried - she got angry - she said she’ll leave me - she left - she got depressed - she became suicidal - she lost trust in me - she went for help - she called a friend (family member) - she isolated herself from friends and family - other…

**Effects on me:** Afterwards: I felt justified – I realized I got what I wanted - I didn’t get what I wanted - I felt lonely - I felt depressed - my self esteem went down - I felt guilty - I started drinking/use drugs - I felt suicidal - other…

**Effects on our children (family):** They told us to stop fighting – they were worried about their mother - they lost trust in me – they were confused - they got angry – they got out of control - they acted out - they needed counseling - other…

**Alternative Beliefs:**  In the future I will tell myself; she can talk with whom she wants to - I respect her choice of friends even when I don’t like them – my jealousy is for me to deal with – I can stay cool even when I disagree with her – she has the same rights that I do - our relationship is more important that the argument - I do not need to win or get what I want - I respect her as a human being no matter what - other…

What types of actions make you feel like you can trust someone?

What makes you feel supported?

How does your partner like to be supported?

* With words (eg: you’re great, I love you, you did a great job, thanks for \_\_)
* With acts of service (eg: you help her with tasks and projects)
* With gifts
* With time (eg you spend quality time together)
* With touch (eg. hugs, pats on the back, etc)

What do you think about rebuilding trust?

Is it possible?

How much time does it take?

Do people have to trust again after they’ve been hurt? Please explain your answer.