

How Much Do You Trust Your Spouse?

Does your marriage have trust issues? Not sure? Well, if you don't feel you can be fully vulnerable and share everything that's on your heart, then it's likely that your relationship has trust issues.

When you feel safe, there isn't anything you can't share.

Signs of Trust Issues

Snooping...

People with trust issues have a hard time respecting their partner's privacy.

They search phones, wallets or handbags, computers, text messages, emails, credit card statements, etc., to find something that confirms their suspicions.

Thinking of worst-case scenarios...

People with trust issues think in worst-case scenarios. For instance, if a call to their partner isn't returned in a timely manner they might wonder if their partner is being unfaithful.

However, when there's full trust in a relationship, spouses have the emotional capacity to give each other the benefit of the doubt no matter how "bad" a situation looks.

Jealousy...

A spouse who distrusts their partner tends to be territorial and suspicious.

They might even keep their partner on a short leash and limit their friendships with people of the opposite sex because they don't trust their partner to be faithful if temptation arises.

Testing your spouse...

A person who doesn't trust their partner will sometimes create chaos and marital problems in order to prove that their lack of trust is justified.

They require constant reassurance that their partner loves them, so they test their partner's love.

If their spouse fails the test, they take it as a sign that their spouse can't be trusted.

Hiding aspects of yourself from your spouse...

A spouse has a tendency to hide things from their partner when they don't feel they can be physically and emotionally vulnerable.

They might hide seemingly insignificant things such as bodily functions or bigger things such as political or religious views just to keep the peace and not feel judged or rejected.

Lack of trust in a relationship manifests itself in subtle ways. But if you know the signs, you can catch it early and find ways to deepen trust in a relationship.

One of the best places to start, you guessed it, is by talking about it.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!