

# How Trustworthy Is Your Spouse?

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Trust is the bedrock upon which relationships are built.

Most marriages could use a bit more trust (ok, a LOT more in many cases).

We're not just talking about staying faithful to your partner.

It's a combination of honesty, loyalty, integrity and respect. These qualities inspire faith and trustworthiness.

## **Becoming Trustworthy**

To be trustworthy, you need to be:

### **- Predictable.**

Yes, we talk about NOT being predictable or boring. The isn't that.

We're talking about *stability*.

There's a sense of security that comes with knowing your partner so well that you KNOW what they will think or do and can COUNT on them.

### **- Reliable**

Your spouse should be able to rely on you to do certain things at certain times. Flaking out diminishes confidence.

### **- A person of your word**

To build unshakeable, unquestioning trust, your partner should know that you ALWAYS tell the truth and always mean what you say. No games.

### **- Upfront and forthcoming**

Secrecy erodes trust.

So does avoidance, where you keep your feelings to yourself and don't talk about matters you know should be discussed for the health of the relationship.

Tell your spouse what your needs are.

Tell them what you want.

Tell them what you feel is lacking in your relationship.

Just tell them.

Chances are they have concerns too. Bring up the issue(s) so you can work on them together to make things better.

It's difficult to trust each other when you're not meeting each other's needs.

### **- Be their confidant**

You are your spouse's confidant.

WHATEVER happens within the privacy of your marriage, or your partner tells you in confidence, must stay between the two of you.

Telling other people what your partner has shared with you within the private confines of your relationship is a definite breach of trust.

They need to know that YOU have their back. Always. Without question.

It's impossible to have a healthy or happy relationship without trust.

So, if this is an area of improvement within your marriage, review these tips to see where you can start becoming a more trustworthy partner today.

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