



MAEA

WORKBOOK

Learning To Trust Again

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Use the below spaces to take notes from the videos contained in this module. The below spaces can be written into digitally, simply click on the box and start typing. Alternatively you can print this workbook and take handwritten notes

Video One Insights

You Can't Trust Anyone

Video Two Insights

Staying Committed To Yourself

Video Three Insights

Be Willing To Get Your Heart Broken

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This module is all about trust, trusting yourself, trusting others and trusting the process. When we have experienced, hurt, pain and disappointment from partners in the past it can be hard to trust in a relationship. We focus so much on the other person and what they are or are not doing that we begin to lose trust in ourselves.

Trust is something we build from within and this week we will explore how trusting ourselves is the key to finding trust in others

Below is an activity that you can complete to apply the knowledge from the videos to you and your relationships.

Good luck!

ACTIVITY ONE

Your mission for this week is to get really clear on what trust looks like for you in a relationship. of the following pages you will find explanations of the different aspects of trust. There are 12 in total so take your time to work through it, even if you just do a few at a time.

For each one you are to consider the below questions and note down what the particular aspect of trust looks like in action within a relationship.

1. How do you embody this in yourself? (what will you do or say to cultivate this with yourself while in a relationship).
2. How do you need this to be present in your relationships? (what needs to be said or done in order to build this aspect of trust in your relationships).

There are no right or wrong answers here, question one is about how you will cultivate trust in yourself, the second question is how it can be cultivated in your relationships.

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ASPECT ONE - TALK STRAIGHT

this means be honest, tell the truth, let others know where you stand. It's important to use simple language and messaging, call things as they are for you. Don't manipulate or distort facts, don't give false impressions, don't make assumptions.

How do you embody
this in yourself?

How do you need this to be
present in your relationships?

ASPECT TWO - DEMONSTRATE RESPECT

Show you care, genuinely care. Respect the other person, their mana, their dignity. Show kindness, respect doesn't mean you agree instead it just means you acknowledge their truth. Don't fake care, don't dismiss.

How do you embody
this in yourself?

How do you need this to be
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ASPECT THREE - OFFER TRANSPARENCY

Get real, be genuine and authentic to you, be open, operate with the philosophy of “what you see is what you get”. Don’t have hidden agendas, secret tests or experiments you are conducting on them. Don’t test them and don’t hide information.

How do you embody
this in yourself?

How do you need this to be
present in your relationships?

ASPECT FOUR - RIGHT WRONGS

Make things right when you are wrong. Apologize quickly, say sorry and make up for things where possible. Demonstrate some personal humility. Don’t cover things up and don’t let your pride get in the way of you doing the right thing.

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ASPECT FIVE - SHOW LOYALTY

how are you representing your partner or date when they are not in the room, how do you acknowledge them, give them credit and speak about them when they aren't there. Don't bad mouth and especially don't disclose private or personal information without their permission.

How do you embody this in yourself?

How do you need this to be present in your relationships?

ASPECT SIX - DO WHAT YOU SAY YOU WILL

Establish that track record of follow through, of showing up as you promised you would. Don't over promise and under deliver and definitely don't make excuses for not doing what you said you would.

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How do you need this to be present in your relationships?

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ASPECT SEVEN- EMBRACE GROWTH

Be a constant learner in your relationship, listen to your partners feedback or frustrations with you and consider what internal shifts could support you to show up differently but still authentically. Don't assume you know everything about the other person and they about you. We all grow and shift and change, so always be open to learning and tor growing.

How do you embody
this in yourself?

How do you need this to be
present in your relationships?

ASPECT EIGHT - CONFRONT REALITY

It's important that we address the tough stuff in our relationships directly. That we acknowledge the unsaid and have the hard conversations. If left unaddressed these things have the potential to foster and will slowly erode the relationship. Don't skirt around the real issues and bury your head in the sand. Lean in.

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ASPECT NINE - CLARIFY EXPECTATIONS

No-one is a mind reader so disclose your expectations and get clarity on the other persons. Discuss them. Validate them. Negotiate and compromise if you need to. Don't violate the other person's expectations and don't assume, always seek to understand.

How do you embody this in yourself?

How do you need this to be present in your relationships?

ASPECT TEN - PRACTICE ACCOUNTABILITY

You have to hold yourself accountable as well as holding the other person accountable. Take responsibility for the state of your relationship or connection. Don't avoid or shirk responsibility, don't blame or point fingers for why things are going wrong.

How do you embody this in yourself?

How do you need this to be present in your relationships?

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ASPECT ELEVEN - LISTEN FIRST

We focus so much on what we need to say that we don't allow ourselves to really listen and hear our partners. Listen to understand not to respond. Listen with your eyes, your ears and your heart. Don't presume you have all the answers and know all the things.

How do you embody
this in yourself?

How do you need this to be
present in your relationships?

ASPECT TWELVE - EXTEND TRUST

Extend trust abundantly to others, gift it to them from the beginning and watch what they do with it. It can be easy to withhold trust when there is risk involved, particularly heartbreak. But that behaviour is founded in the idea that trust is built solely based on what the other person does. Remember trust is yours, it always exists in you regardless of what others do.

How do you embody
this in yourself?

How do you need this to be
present in your relationships?

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