

TRUST ISSUES

HOW TO HEAL FROM BROKEN TRUST:

Address Past Trauma

Sometimes we react strongly to an offense, taking the weight of hurt from all similar past wounds- feeling out of control, being rejected, taken advantage of etc. We must first make peace, process, & heal from the original past hurt through journaling, prayer, a trusted believer, or counseling.

Process & Release Your Anger

Anger is often a defense mechanism to deeper emotions like hurt, disappointment, or fear. Ask, “Why am I really angry?”. Don’t deny your emotions; give yourself permission to process through the emotion, acknowledge the impact of the hurt, & then surrender it to God.

Don’t Ruminare

You can’t control what thoughts show up in your mind, but you can control what you dwell on. Replay-ing the hurt is an attempt to control & ensure the offense is not forgotten. We must surrender it to God if we want to move forward. Be diligent where you allow your thoughts to dwell & redirect them to healthy truths. Harboring resentments will make us physically, relationally, & emotionally sick.

Choose Forgiveness (Even if it’s not deserved)

Choose to forgive & surrender to God your need for justice. Forgiveness is a process, not an event. Empathy & compassion go a long way to allowing forgiveness. Nurture grace for others by accepting people are imperfect & recalling you also have hurt people, intentionally or unintentionally. Forgiveness does not justify their actions but sets you free from emotional & physical bondage. We are bound to anyone we do not forgive. Resentment damages how we relate to others, God, & ourselves.

HOW TO REBUILD BROKEN TRUST:

Take Responsibility & Apologize If Appropriate

Acknowledge & own your role before assigning blame. If we take responsibility for even small pieces of hurt we contributed to, the other person will be more open to moving forward & taking responsibility as well. Gather your thoughts in advance & be specific on what you are apologizing for. Make amends & apologize on neutral ground without distractions. Always start the conversation with “I”, not “you” which will be interpreted as an accusation.

Actively Listen

Listen to their perspective without interrupting or taking offense. Improve communication by leaning in & maintaining eye contact, opposed to folding arms in a defensive posture. Validate their feelings, even if you don't agree with everything they said. We can always acknowledge how it made them feel.

Persevere With Action

Communicate & show you are willing to make visible changes & follow through. Rebuilding trust takes time & so does demonstrating new behavior patterns. Don't become discouraged or give up just because you don't get the response you were hoping for initially. Keep with it. Stay humble, dedicated & committed, not expecting affirmation.

THE BENEFITS OF CHOOSING FORGIVENESS:

Improved ability to manage stress	Less anger & emotional outbursts	Improved Sleep
Reduced Heart Disease	Lowered cholesterol	Reduced nightmares
Lowered blood pressure	Reduced physical pain	Reduced anxiety
Improved immune response	Lowered risk of diabetes	Reduced depression
Greater Life satisfaction	Reduced fight/flight response	Improved relationship with others, self, & God

Measurable impact of forgiveness (Karen Swartz, M.D., director of the Mood Disorders Adult Consultation Clinic at The Johns Hopkins Hospital.)

How long until you feel better: It depends on the depth of the hurt

Things will start to improve when we start to take steps towards choosing surrender, forgiveness, healthy action, & healing. It takes time to heal emotionally & pave new thought pathways. Spiritual mentors & professional counselors can ensure we don't get stuck in our healing journey. Journaling, reflective/prayerful walks & trauma counseling (like ART or EMDR) will speed this process up, but it will still take time & intention.

*To be connected with a mentor go to Growlifechurch.com/events & click CareNight or email CareNight@GrowLifeChurch.com.
For a list of recommended professional counselors see the info-bar*