**Building Trust in a Relationship Again**

Trust is a learned behavior that we gain from past experiences, It is putting confidence in someone .Trust is a risk. But you can’t be successful when there’s a lack of trust in a relationship that results from an action where the wrongdoer takes no responsibility to fix the mistake.

Unfortunately, we’ve all been victims of betrayal. Whether we’ve been stolen from, lied to , misled, or cheated on, there are different levels of losing trust. Sometimes people simply can’t trust anymore, Remember that you can expect the best in return.

It’s understandable, but if you’re willing to build trust in a relationship again, we have some steps you can take to get you there.

Learn to really trust yourself. having confidence in yourself will help you make better choices because you can see what the best outcome would be for your well-being.

Stop regarding yourself as the victim.If you’ve been betrayed, you are the victim of your circumstance. But there’s a difference between being a vi学科网(www.zxxk.com)--教育资源门户，提供试卷、教案、课件、论文、素材及各类教学资源下载，还有大量而丰富的教学相关资讯！ctim and living with a “victim mentality”. At some point in all of our lives, we’ll have our trust tested or violated.

You didn’t lose “everything”. Once trust is lost, what is left? Instead of looking at the situation from this hopeless angle, look at everything you still have and be thankful for all of the good in your life. Seeing the positive side of things doesn’t mean you’re ignoring what happened.instead, it’s a healthy way to work through the experience to allow room for positive growth and forgiveness.