



The Images of Rebuilding Trust

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1. POLYGRAPH (Full Disclosure)



Progressive disclosure is horrendously damaging. Your wife deserves the truth. She needs to know what she is forgiving. Admit all you have to own as soon as you can. Genuine confession is so much better than months of denial. Man up. Take responsibility. Come clean. Let her start the healing with full disclosure. Take a polygraph of the heart.

2. GUARDRAILS (Healthy Boundaries)

Guardrails keep people safe. They give warning when you are too close to the edge or other danger. Your spouse's boundaries must be understood, respected and adhered to for trust to rebuild. Fight the frustration of feeling like you are being controlled or limited. She needs the guardrails to feel safe! There's no trust without boundaries.



3. ENERGIZER (Complete Reliability)



Your wife will only grow to trust you again if you keep your word. You need to do what you say you will do and do that over and over and over again. Trust is not rebuilt by only doing a convincing action a few times. She is to believe behaviour. She will see real changes. You follow thru on commitments without her prompting. Your word starts to mean something.

4. MONITOR (Genuine Accountability)

As an ICU screen accurately monitors the person's vitals; heart rate, blood pressure, oxygen levels and beyond, so genuine accountability reveals what is going on in heart, mind and soul. It monitors truth. Your Wingman, someone who your spouse trusts, accurately confirms you're doing good and flashes a warning if slightly into unsafe zones. Own mistakes. Apologize. Make amends. No accountability - no trust!



5. VAULT (Confidentiality)



What your wife shares with you, you will fully hold in confidence. She needs to feel safe that your addiction is not pinned on her. Don't garner sympathy from others by revealing her struggles. Respect the confidentiality between you. Choose a few trusted friends each to work issues through with. No gossip. No slander.

6. **SWEARING-IN** (Complete Honesty)

Lying in any area is a huge trigger for your wife and sets her back to a place of rawness and hurt. But lying for you has come so easy, so naturally. This has to change. You need to be a man of your word. It's time to "Tell the truth, the whole truth and nothing but the truth so help me God". The truth always anchors trust.



7. **MAGNIFYING GLASS** (Sincere Transparency)



A magnifying glass clearly reveals details that the human eye cannot easily see. It brings clarity. Nothing is hidden. Transparency exposes who you are as you humbly and accurately reveal your life journey in recovery. This appropriate openness reflects your humanness and a sincere attempt to forthrightly disclose what is going on inside you.

8. **PEARL** (Lasting Patience)

Pearls develop when bits of grit or grime get inside an oyster and over time become covered with a beautiful coating that makes them priceless. It takes a lot of time. Patience is required in recovery. Patience with your spouse's journey, their hurts, their triggers, their reactions, the hesitance to forgive. You need patience with yourself through ups and downs as you faithfully persevere in recovery.



9. **PARACHUTE** (Full Commitment)



Go ahead. Jump out of a plane being held up by a coloured bed-sheet. It's crazy. It's gutsy. You have to go all out. It's full commitment. It's a leap of faith. Recovery is like that. Your faithfulness to do the work, to stay the course, to never miss ReGroup, to check-in daily. Your commitment builds trust.

10. **WHITE FLAG** (Surrender)

I surrender. I pack my pride. I humble myself. I commit to do what it takes. I fully submit the control of my life to God in every way every day! I submit to the direction and scrutiny of others. I listen and respond to my wife and any concerns she has with any aspects of my recovery. I volunteer my whereabouts, my activities, my associates - everything! I live a life of surrender!

