



Dr. Tracy's Counseling Services

20 years of experience

Q: How can I ever learn to trust my spouse again?

A: In a marriage with no trust, neither partner will be happy because trust is the foundation of a happy marriage. When the foundation of a building is compromised the structure will become unstable. The same is true of trust in a marriage, when trust is compromised the marriage will become unstable. It has been said that you cannot have love without trust. It's a fact that without trust, your marriage will never be what it should or could be. This is why regaining broken trust is so important.

If you want to save your marriage, trust can be regained, but it will take time. When you first meet someone, you don't immediately trust them. The level of trust you give someone is built based on your feelings about their actions and behaviors. Once trust has been betrayed in a marriage, you are beginning your relationship with your spouse all over again. The partner who betrayed the trust of the other must prove themselves trustworthy all over again. Regaining trust is a slow, gradual process.

In order to prove yourself, you must be honest and upfront about every aspect of your life. There can be no secrets or empty promises. You cannot get defensive or give up if they do not believe you immediately. The partner who was betrayed must learn to trust again. I know that it may seem impossible that you can ever believe them again. If you don't accept the idea that trust is possible, you will not be able to forgive and move past the hurt.

Being willing to trust again does not mean that you approve of the things that were done to destroy your trust. It simply means that you are willing to try to forgive and go forward in your marriage. Help your spouse prove that they can be trustworthy. Trust is easily broken and hard to regain, but it can be done. Loss of trust doesn't have to destroy your marriage.

Specializing in the treatment of:
Anxiety and Depression ~ Addictions
Trauma and Grief ~ General Coping Issues
State of Iowa approved DUI Assessor
Parenting a Special Needs Child
Women's Issues ~ Workplace Stress

Most insurance accepted.

The goal of counseling is to increase the zest and enthusiasm for living and to strengthen a person's ability to make healthy choices.

We work together as a team to meet your goals.

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