

UNDERSTANDING / WORKSHEET

Rebuilding Trust Worksheet for Couples

Name the impact of a broken agreement, distinguish promises from observable actions, and plan a voluntary review of what happens next.

5 pages | [Go at your own pace](#)

A good way to use this

1. Begin with the impact of one specific broken agreement.
2. The person responsible names their own action without blaming the other person.
3. Choose only voluntary, respectful next steps. Pause or seek individual support if talking together feels unsafe.

Inside your resource

02 Name what happened and what it changed

04 Choose observable, voluntary actions

03 Separate responsibility from reassurance

05 Review what the evidence tells you

Repair is voluntary. A worksheet cannot restore trust or decide whether you should stay together. You do not owe forgiveness, private account access or a decision on someone else's deadline.

Use together only when both people freely want to participate. You can pass or stop. These are original educational exercises, not a clinical assessment or a substitute for individualized care.

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01 / Rebuilding Trust Worksheet for Couples

Name what happened and what it changed

Use this page only for what each person chooses to share. Do not demand graphic details or treat a written account as a cross-examination.

EXAMPLE "When you hid the expense, I lost confidence that I understood our shared bills. I need to talk about how decisions will be handled. I am not ready to promise that I feel okay."

01 The agreement or expectation that was broken was...

Partner A

Partner B

02 The impact I want understood, without debating it away, is...

Partner A

Partner B

03 What I am ready to discuss now, and what I am not ready to discuss:

Partner A

Partner B

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Separate responsibility from reassurance

The person responsible for the broken agreement completes the first two prompts. The other person can respond to the third, pass, or write privately. No apology purchases forgiveness.

EXAMPLE "I chose not to tell you. That left you making decisions with missing information. I will bring up shared expenses before committing, and tell you promptly if I miss that agreement."

01 The choice I made, and its impact that I can acknowledge without excuses:

Our notes / the named person's response

02 What I am willing to do differently, including how I will handle a mistake:

Our notes / the named person's response

03 What would help me decide whether this repair is meaningful, if I want to continue:

Our notes / the named person's response

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03 / Rebuilding Trust Worksheet for Couples

Choose observable, voluntary actions

Write actions you can actually observe over time. Avoid permanent surveillance, forced access to private accounts or restrictions on friendships as proof of trust.

Agreed action	Who / by when	How we will review it
One immediate practical repair		
One repeatable future behavior		
How a missed agreement will be disclosed		
A review date both accept		

A request can be declined. If your needs and your partner's choices do not fit, name that difference rather than disguising pressure as a shared agreement.

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04 / Rebuilding Trust Worksheet for Couples

Review what the evidence tells you

At the agreed time, look at what happened and how each person feels. Progress can be uneven. You may decide to continue, change the plan, seek help, or stop trying to repair together.

EXAMPLE "The agreed updates happened, which matters. I still feel unsettled. I want more time and individual support before deciding what comes next."

01 What has actually happened since we made the plan?

Partner A

Partner B

02 What do I feel clearer about, and what still feels uncertain?

Partner A

Partner B

03 What next step do I freely choose? What support would help me make that choice?

Partner A

Partner B

Keep a little time for each other.

If both of you want to keep building everyday connection, the Connected Couples App offers daily questions and mood check-ins. An app is not a substitute for the repair, time or professional support you may need.