



TRUST-BUILDING WORKSHEET FOR COUPLES

Strengthen Your Bond Through Creative Reflection & Communication

This guided worksheet is designed to help you and your partner build a foundation of trust, deepen emotional intimacy, and support each other's mental well-being through open, honest conversations.



Created by Mental Health and Harmony

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Welcome to your Trust-Building Worksheet for Couples by Mental Health Harmony. This guide is designed to help you and your partner deepen trust, strengthen communication, and nurture your mental well-being together.

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About Us

Use this worksheet at your own pace, returning to any section as your relationship grows.

ABOUT US

Mental Health Harmony is dedicated to creating compassionate, evidence-based resources that support couples and individuals on their journey toward mental wellness. We believe healthy relationships are the cornerstone of emotional balance and personal growth.

Our mission is to provide accessible tools, like this worksheet, that empower you to build trust, improve communication, and nurture lasting harmony in your relationships.

✨ Whether you're starting fresh or working through challenges, we're here to guide you with empathy, expertise, and a deep respect for your unique story.

Connect with Us:



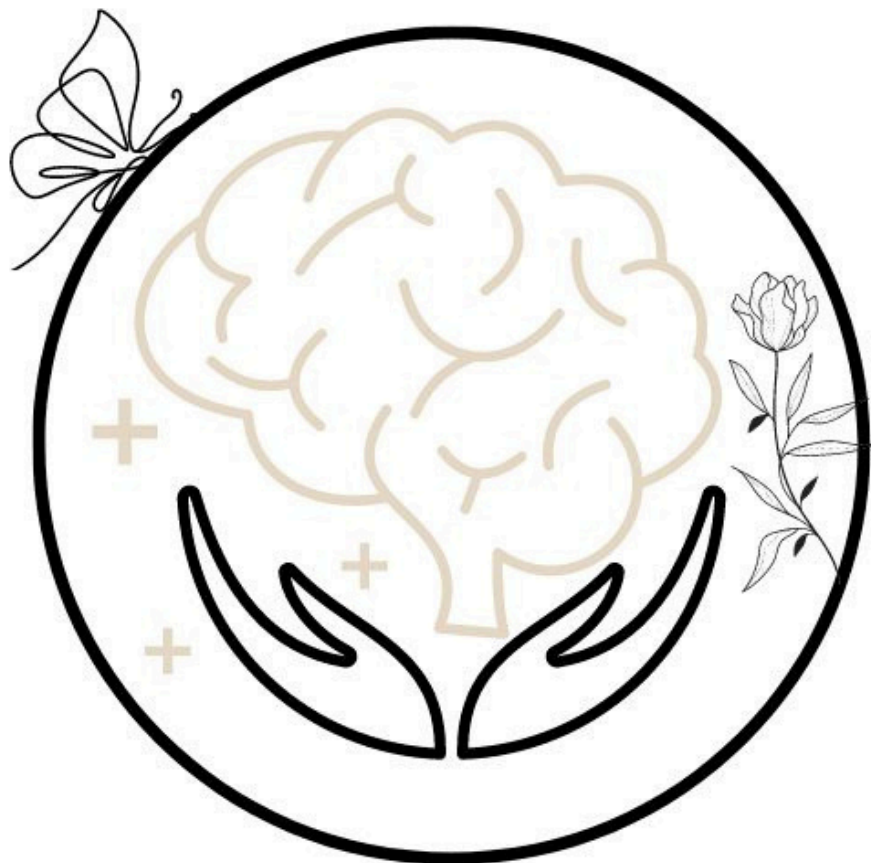
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TRUST INVENTORY ASSESSMENT

Building trust begins with understanding where your relationship currently stands. This assessment helps you and your partner evaluate your feelings about communication, reliability, and emotional support. Separately and honestly rate each statement below from 1 (Strongly Disagree) to 5 (Strongly Agree). Then, come together to discuss your answers and identify areas for growth.


✨ Questions

☒ I feel safe sharing my thoughts and feelings with my partner.



 My partner respects my boundaries.




 I trust my partner to act in my best interest.



☒ We both keep our promises.



 I believe we support each other during tough times.



 When we disagree, we resolve conflicts respectfully.



☒ I feel secure being myself around my partner.





Reflection Notes

Use the lines below to write down your thoughts, insights, or areas you'd like to work on together:

This image shows a single sheet of white paper with horizontal blue lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



VULNERABILITY EXCHANGE

Find a quiet, comfortable space. Take turns answering the prompts below, listening with empathy and without interrupting. Use the lines under each prompt to jot down your reflections.

♥ What is one personal fear you rarely talk about?

★ What is a dream you hope to achieve, and why does it matter to you?

 What is something you need more of in this relationship?

👐 Can you recall a moment when you felt truly supported by your partner? Describe it.

✨ “Vulnerability is the birthplace of love, belonging, joy, courage, empathy, and creativity.” – Brené Brown



REBUILDING TRUST ACTION PLAN

If your relationship has experienced a breach of trust, use this page to work together on healing. Approach the exercises with honesty, compassion, and a shared commitment to rebuilding.



1) Identify the Cause of Mistrust

Describe the specific event or pattern that led to mistrust. Focus on facts rather than blame.

2) Express Emotions

Share and write down the feelings each of you experienced as a result of the situation (e.g., hurt, anger, sadness, fear).

3) Plan Steps to Rebuild Trust

List practical changes, agreements, or habits you can commit to together to rebuild trust.

Healing takes time. Be patient with each other, celebrate small steps forward, and remember that trust grows through consistent, positive actions.



Understanding how everyday actions affect trust is essential. Use this tracker to log interactions over the week. Recognize trust deposits (actions that build trust, like being honest or showing support) and withdrawals (actions that undermine trust, like lying or dismissing feelings). Review your entries together to strengthen your bond.



Use the lines below to write down patterns you notice, areas for improvement, or positive changes you experienced during the week: