

Welcome to the Workshop

TRUST ME!

Restore, Renew & Rebuild Your Foundation

We'll Be Starting Shortly

What's Coming Up

- Introductions
- Trust Me! Strategies & Tips You Can Use Today
- Question & Answer Session

TRUST ME!

Restore, Renew & Rebuild Your Foundation

NICE TO MEET YOU



Tony & Alisa DiLorenzo

What We Hear From Couples

- “I’ve been XYZ and it’s impacted my marriage. What can we do to rebuild the trust?”
- “How long will it take for us to have the trust like we had when we first were married.”
- “Can we really trust each other after all the hurts that we’ve caused one another?”

**You Can Rebuild
Lost Trust!**

6 REASONS WHY TRUST IS BROKEN



6 REASONS WHY TRUST IS BROKEN

- Being aware of the reasons why trust is broken allows you to look at your marriage realistically to start with what YOU can change.



6 REASONS WHY TRUST IS BROKEN

- Trust is usually not broken for any one reason but a combination of reasons.



6 REASONS WHY TRUST IS BROKEN

- **Unresolved Pain:**
These are hurts that happened before the two of you were ever together or earlier in your relationship.



6 REASONS WHY TRUST IS BROKEN

- **Lack of Connection:**
This is the “drift” in a relationship. When the two of you aren’t connecting, emotionally or physically, it’s easy to look outside of the marriage for those needs to be met.



6 REASONS WHY TRUST IS BROKEN

- Lack of Connection (Client Story)



6 REASONS WHY TRUST IS BROKEN

- **Feeling Neglected:**
Occurs when you feel like everything else in your spouse's life comes before you. You don't feel valued or desired, or both.



6 REASONS WHY TRUST IS BROKEN

- **Boredom:**

The same things, in the same way, at the same time, all the time. Routines have a purpose in life however a lack of anticipation or excitement can cause one of you to look outside of the relationship to have those needs be met.



6 REASONS WHY TRUST IS BROKEN

- **Feeling Nostalgic:**

Remember when...the prom date, the first love, the ex? It's easy to look at the past with rose colored glasses when things may be rocky in your marriage.



6 REASONS WHY TRUST IS BROKEN

- **Feeling Nostalgic (Client Story)**



6 REASONS WHY TRUST IS BROKEN

- **Lack of Guardrails:**

Where is the protection in and around your marriage? How do you know where the “line” is in your marriage if you haven’t discussed things like relationships with the opposite sex, finances, and social media?



6 REASONS WHY TRUST IS BROKEN

- Which of these 6 reasons do you feel has played the biggest role in your marriage?



6 REASONS WHY TRUST IS BROKEN

- **Action Steps: Journaling and Self Reflection**



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- You've come clean, the details are out, let's move on.



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- You, the one who broke the trust, knew what was going on. Your spouse is now going through the process.



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- Expecting or requiring your spouse to just get over "It" is unrealistic.



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- Time stands still. Life speeds up.



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- Normal Emotions Following Discovery

- ✓ Denial
- ✓ Anger
- ✓ Pain
- ✓ Betrayal
- ✓ Shame
- ✓ Loss
- ✓ Panic
- ✓ Sadness



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

This. IS. Normal.



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- There will be a before AND after.



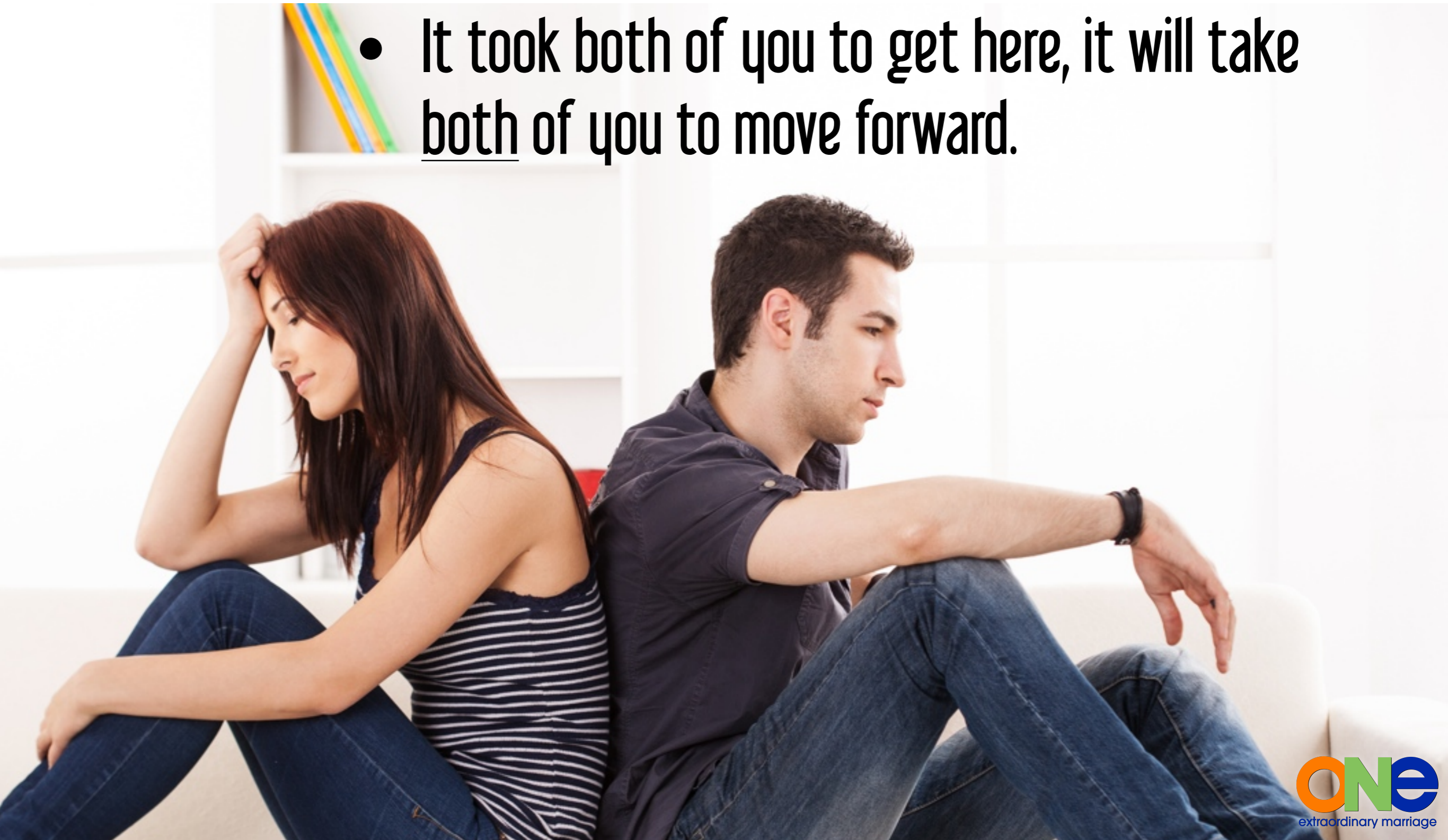
WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- You cannot rush the healing process. This is a process for both of you.



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- It took both of you to get here, it will take both of you to move forward.



WHY YOUR SPOUSE CAN'T JUST GET OVER "IT"

- Action Steps: Breathing, Exercising and Visualization/Affirmations



THE EMOTIONAL ROLLER COASTER

THE EMOTIONAL ROLLER COASTER

- Healing from broken trust doesn't follow a straight line.
- It took time to get to this point, it's going to take time to get beyond it.

THE EMOTIONAL ROLLER COASTER

- There is NO magic fairy wand or dust that will make it all better.

THE EMOTIONAL ROLLER COASTER

- There are triggers everywhere that can and will bring forth memories of the incident or actions.

THE EMOTIONAL ROLLER COASTER

- Triggers (What Are They?)
 - ✓ People, places, and things that can cause a flashback
 - ✓ Unexpected emotional or physical reactions

THE EMOTIONAL ROLLER COASTER

- **Examples of Triggers:**
 - ✓ Driving in a particular part of town
 - ✓ Hearing a name mentioned
 - ✓ Getting a bill
 - ✓ Dealing with medical conditions

THE EMOTIONAL ROLLER COASTER

- 3 P's To Deal With a Trigger And Its Response
 - ✓ Pause
 - ✓ Pray
 - ✓ Proceed

THE EMOTIONAL ROLLER COASTER

- Shock And Denial
 - ✓ I thought everything was fine
 - ✓ I can't believe it
 - ✓ This isn't happening to me, to us
 - ✓ My spouse would NEVER do anything like this
 - ✓ But they promised

THE EMOTIONAL ROLLER COASTER

- Pain And Guilt
 - ✓ Not Sleeping
 - ✓ Not Eating
 - ✓ Overly Emotional
 - ✓ What did I do to cause this?
 - ✓ What could I have done differently?

THE EMOTIONAL ROLLER COASTER

- **Anger And Bargaining**
 - ✓ Yelling
 - ✓ Arguments
 - ✓ Silent Treatment
 - ✓ I'll do this_____, if you'll just quit/stop/
change, etc.

THE EMOTIONAL ROLLER COASTER

- Depression
 - ✓ We are never going to make it out of this
 - ✓ This is never going to get better
 - ✓ No one else has ever experienced this
 - ✓ I'm the only one who knows what this is like

THE EMOTIONAL ROLLER COASTER

- Upward Turn
 - ✓ Maybe we can make it through
 - ✓ I think we might be able to repair our marriage
 - ✓ What could our marriage look like move forward

THE EMOTIONAL ROLLER COASTER

- **Reconstruction And Work Through**
 - ✓ What does our new normal look like
 - ✓ What do we need to have in place to avoid a repeat
 - ✓ What baggage do we need to let go of now

THE EMOTIONAL ROLLER COASTER

- **Acceptance And Hope**
 - ✓ This is a new chapter
 - ✓ I choose to forgive daily
 - ✓ I choose to release the pain, hurt & disappointment
 - ✓ I choose my life

THE EMOTIONAL ROLLER COASTER

- Action Steps: Forgiving, Accountability and Coaching

DO YOU NEED PERSONAL HELP

- We've covered a lot and for some of you this is the first step of your journey.
- If so, then consider a strategic coaching session.
- www.OneExtraordinaryMarriage.com/StrategicSession
- Get your first session for 25% OFF (\$97)
Enter Code: TrustMe

Question & Answers

- We'll answer questions that were submitted ahead of time.
- If you are on the webcast and would like to ask a question please do so.
- We'll stay on until every question is answered.

Contact Us

- www.OneExtraordinaryMarriage.com
- More Resources:
www.OneExtraordinaryMarriage.com/GetHelp
- Initial Strategy Session
www.OneExtraordinaryMarriage.com/StrategicSession
Use Code: TrustMe

