Exercises: Barriers to Trust

What were some of the barriers to trust that existed in your relationship prior to the affair? Take a moment to list them below.

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What would you say are your barriers to trusting again after the affair? Take a moment to list them below.

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How do you feel the barriers with trust prior to the affair compare to those after the affair?
Brainstorm some ideas for ways to overcome your barriers to rebuilding trust after the affair.