

Name _____

Trust in Healthy Relationships

Short Answer Key

1. Trust impacts communication in a healthy relationship by promoting open and honest communication. When individuals trust each other, they feel comfortable sharing their thoughts, feelings, and concerns because they believe they will be heard and respected.
2. An example of a situation where trust led to constructive conflict resolution could involve two friends who disagreed on an important decision. Because they trusted each other's intentions and respected each other's viewpoints, they were able to discuss the issue openly and find a compromise that satisfied both parties.
3. Empathy plays a crucial role in building and maintaining trust by helping individuals understand and acknowledge each other's perspectives and emotions. It allows for greater understanding and connection.
4. To rebuild trust after a breach or mistake in a relationship, individuals can start by acknowledging their mistake, taking responsibility, and apologizing sincerely. They should then demonstrate consistent actions and behaviors that align with their promises and commitments. Rebuilding trust takes time and patience.
5. Trust contributes to a sense of security in a relationship by creating a stable and reliable environment. When individuals trust each other, they feel confident about the future of the relationship and can rely on each other for support.

