# Trust through Observable Actions - Concept brief

Understand the idea behind trust through observable actions and consider whether it fits your context.

Adults; supported use as appropriate | 8 minutes

Fictional example: Quinn agrees to communicate a relevant plan change at an agreed time.

## The idea

Trust cannot be demanded and may be influenced by consistent behavior over time.

## An ordinary example

Quinn agrees to communicate a relevant plan change at an agreed time.

## What this can look like

Identify one realistic commitment, how it can be observed without surveillance, and what happens if it is not kept.

## Check the fit

What action can be offered without claiming it guarantees trust? You may disagree with the framing, use fiction, or decide that this approach is not useful today.

## A useful distinction

Understanding relationship context does not transfer responsibility for deception to the hurt partner or require a particular relationship outcome.

## Reflection

What action can be offered without claiming it guarantees trust?

## Scope and adaptation

Joint work requires private assessment of coercion, violence, fear, and retaliation. Do not require graphic disclosure, passwords, surveillance, reconciliation, forgiveness, or sexual contact. Accountability for deception is not assigned to the hurt partner. Support individual agency and appropriate medical, legal, or safety consultation without using this worksheet as professional advice.

Original AI-assisted educational draft; independent clinical review pending. Version 1.0. Background: Integrative Model of Affair Recovery. Full source links and scope: library.morethantherapy.org/recovery/resources/INF-A10-1