

Trust and betrayal

Choose What Matters After Broken Trust

Adults | 10 to 15 minutes

A broken agreement can change what feels possible in a relationship. You can take time to decide what you need. Choose one concern and describe its impact without trying to resolve the whole relationship today. This page does not require forgiveness, mutual blame, or sharing with the person involved.

Reflect privately first. Separate known facts, unanswered questions, and the conditions you would need for any next step.

Name the breach and impact

Identify the agreement you understood and what happened. Notice practical consequences as well as feelings. Distinguish information you need for a decision from details that may increase distress without helping you choose.

Look for accountable action

Consider what meaningful repair would involve, including honesty, follow-through, changed behavior, or respect for distance. An apology alone does not obligate renewed trust. You can choose a boundary, outside support, more time, or a relationship decision.

1. What agreement or expectation was broken, and what do I know?**2. What emotional or practical impact needs attention?****3. What information, boundary, or accountable action would matter to me?****4. What next step preserves my safety and freedom to choose?****Clinical use and adaptation**

Assess coercion, violence, sexual-health concerns, and financial or practical vulnerability when relevant. Do not require forgiveness, equal admissions, confrontation, or couples work. Avoid using reassurance or access to devices as proof of repaired trust. Offer individual or specialist support according to need.