

## Trust

Do you trust your man? Does he trust you? Is there an underlying element and sense of trust in your relationship in general?

If there is not, then you have major problems.

No relationship can survive without trust permeating the entire union. It is the foundation upon which the bond between man and woman is built; an essential component of any important connection between two or more people.

If your partner doesn't trust you, do you give him a reason or reasons not to trust you? If you don't have faith in your man, is he doing something to make you feel this way?

Sometimes we don't trust someone simply out of fear. Afraid that they *might* do something. This kind of anti-trust borders on the irrational, but is also a normal part of the process in growing to trust someone. And it is a growth phase. We don't automatically trust another person until we get to know them better. Until we reach that point of familiarity it's more a benefit-of-the-doubt situation.

Show your man that you trust him; especially when you are apart. If he has given you no reason to doubt him, don't assume he is up to no good, or accuse him of anything of which there is no logical or rational proof. Go with the flow and naturally, over time, let him prove himself to you without prejudice or judgement.

If a situation does arise where he has breached your trust, deal with the issue then. At least, through your initial faith in him, you didn't do anything to contribute to the situation or cause it to happen.

Let me elaborate on that point. A fact that came to light in the surveys was that some men felt almost driven to do the wrong thing, in one form or another, because their partner didn't trust them to begin with. Some men were constantly being accused of things they simply hadn't done. A few of them, in the end, decided to actually do the things they were being accused of, because they were constantly being accused of them anyway.

Never allow yourself to fall into this trap.

You can never control what your partner does, but you do have total control over what you do.

Therefore, be trustworthy yourself. Never give your partner a reason to doubt your trustworthiness or faithfulness. Any man of solid character and true love for you will be loyal to you forever if treated the right way.

## Loyalty

Loyalty, the act of being faithful, steadfast and trustworthy, sometimes beyond the point of logical reason, can exist for many reasons.

- An inherent character trait
- Being treated the right way
- Having one's needs met
- Showing faith in a person
- Treating one with respect
- Being loved

These are just some of the more general reasons why a person may be loyal. The list, in reality, is probably endless.

Having someone's undying loyalty is one of the greatest blessings any partner can hope to have in a relationship. As stated in the previous topic, loyalty often goes hand in hand with trust. Unless your man has flawed character, treat him the right way as much as you possibly can, and you will have a loyal life partner. And be a loyal partner yourself, as it's very difficult to remain loyal to a person who doesn't reciprocate.