

TRUST REPAIR & BOUNDARY CONFIDENCE

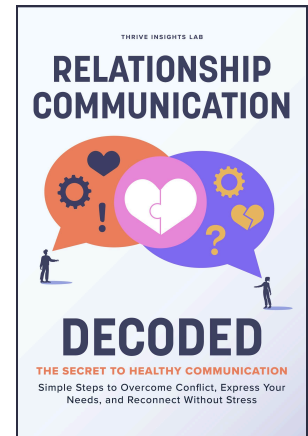
Adapted from Chapter 7 of Relationship Communication Decoded

Healthy relationships are built on a foundation of clear boundaries and the ability to repair trust when it's challenged. This self-check offers a snapshot of your approach to **trust repair** and **boundary confidence**.

Important Note: This assessment is not intended to be a clinical or diagnostic tool. It is designed for personal insight and reflection on relationships only. If you are experiencing distress or mental health challenges, please seek support from a qualified professional.

INSTRUCTIONS

Read each item and indicate how well it describes you using a **1 (Strongly Disagree) to 5 (Strongly Agree)** scale. There are no right or wrong answers, just your honest reflection. Record your responses directly on this worksheet.



ITEMS

- | | |
|---|---------------------|
| 1. I clearly state my boundaries without guilt. | [1] [2] [3] [4] [5] |
| 2. I feel that we're working together to rebuild trust after past issues. | [1] [2] [3] [4] [5] |
| 3. I take time to reflect on what my boundaries are before setting them. | [1] [2] [3] [4] [5] |
| 4. I recognize patterns that could damage trust and try to change them. | [1] [2] [3] [4] [5] |
| 5. I reinforce my boundaries if they're ignored or dismissed. | [1] [2] [3] [4] [5] |
| 6. I believe we're both committed to rebuilding and maintaining trust. | [1] [2] [3] [4] [5] |
| 7. I can explain the why behind a boundary when needed. | [1] [2] [3] [4] [5] |
| 8. I feel safe showing vulnerability, even during disagreements. | [1] [2] [3] [4] [5] |
| 9. I keep my boundaries consistent, even under pressure. | [1] [2] [3] [4] [5] |
| 10. I trust my partner to respect my emotional needs. | [1] [2] [3] [4] [5] |

SCORING

Add your responses for each set below. Each subscale score will range from 5 to 25.

- **Boundary Confidence:** 1, 3, 5, 7, 9 = ____
- **Trust Repair:** 2, 4, 6, 8, 10 = ____

INTERPRETATION GUIDE

Your scores for Boundary Confidence and Trust Repair offer vital insights into these crucial areas of your relationship. Remember, these scores highlight areas for growth and deeper understanding, not fixed achievements. Each insight is an opportunity to enhance your connection.

Boundary Confidence

Your ability to set and maintain personal limits and expectations

- **Established Confidence (21–25):** You effectively set and maintain healthy boundaries, which is a significant strength contributing to clear communication and mutual respect in your relationship. This fosters deep, connected, and authentic interactions.
- **Cultivating Confidence (15–20):** You have a good understanding of boundaries but may find it challenging to assert or maintain them, especially under pressure consistently. This is a valuable area where you can deepen your approach and strengthen your capacity for self-advocacy.
- **Exploring Boundaries (5–14):** This indicates you're in the early stages of actively setting and maintaining personal boundaries. This is a powerful starting point to explore where your limits are and build the skills to communicate them clearly, transforming potential sources of disconnection into opportunities for growth.

Trust Repair

Your commitment to, and experience with, rebuilding trust after it has been challenged

- **Dedicated Repair (21–25):** You are deeply committed to and highly effective at repairing trust when it has been challenged. This dedication fosters remarkable resilience and deeper connection in your relationship, turning past ruptures into foundations for future strength.
- **Nurturing Repair (15–20):** You possess a strong understanding of the importance of trust repair and actively engage in rebuilding efforts, though consistency might vary. This is a key area to nurture, allowing you to develop more reliable strategies for healing and strengthening your bond.
- **Initial Repair Steps (5–14):** You are taking important first steps in understanding and engaging in the process of trust repair. This foundational discovery is crucial for moving past challenges, and the insights from this chapter will help you build the necessary skills to restore and deepen trust.



RELATIONSHIP COMMUNICATION DECODED

Companion Assessment Tool

REFLECTION

Take a moment to reflect on your results. Capture your thoughts in the space provided below.

Considering your results, what's one specific action you could take this week to strengthen your approach to boundaries or trust in your relationship?

NEXT STEPS

You've gained valuable insight into your approach to boundaries and trust repair. Return to Chapter 7 of *Relationship Communication Decoded* to delve deeper into practical strategies for setting healthy boundaries, navigating boundary challenges, and fostering lasting trust in your relationship.