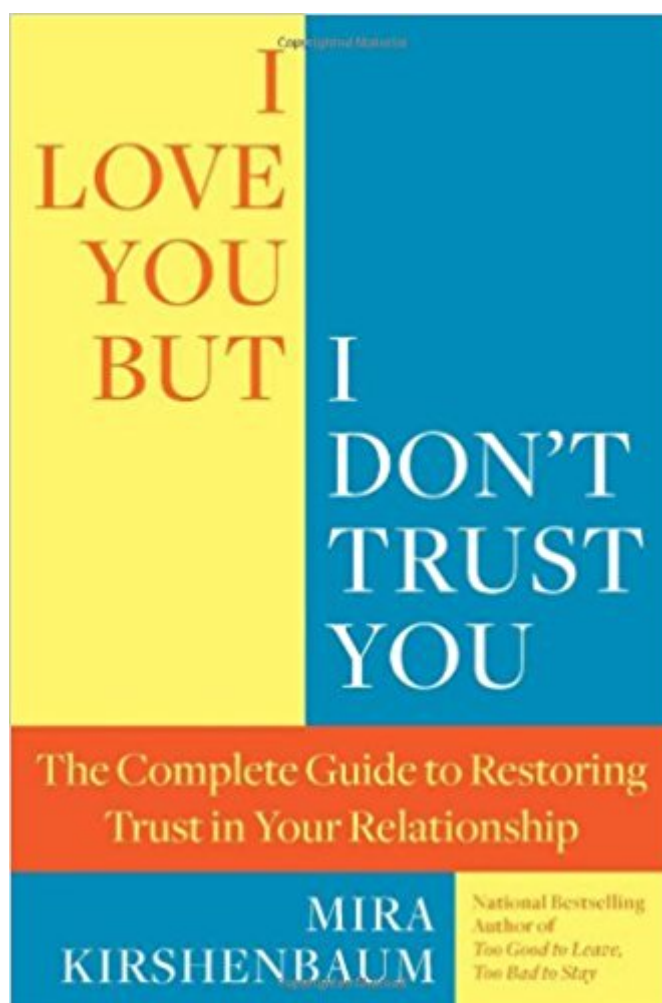


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# I Love You But I Don't Trust You: The Complete Guide To Restoring Trust In Your Relationship



## Synopsis

Is my relationship worth saving? Will the trust ever come back? How can things be good between us again? Whether broken trust is due to daily dishonesties, a monumental betrayal, or even a history of hurts from the past, it can put a relationship at risk. This is the first book to show you exactly what to do to restore trust in your relationship, regardless of how it was damaged. In this complete guide, couples therapist Mira Kirshenbaum will also help you understand the stages by which trust strengthens when the rebuilding process is allowed to take place. And you will learn how the two of you can avoid the mistakes that prevent healing and discover how to feel secure with each other again.

## Book Information

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## Customer Reviews

“This book, based on so much experience and wisdom, will be tremendously useful for millions of people in relationships where trust has been damaged. I found important insights and suggestions everywhere.” • Pepper Schwartz, author of *Love Between*

*Equals* “If you want to find your way back to the people you love, this book is a must read. It offers a step-by-step map for rebuilding trust and helping you find peace within.” •

• Michele Wiener-Davis, author of *Divorce Busting* “A path breaking book on restoring trust in relationships. A wonderful read based on deeply felt experiences.” •

• Janis Abrahms Spring, Ph.D., author of *How Can I Forgive You?* “This practical must read book is for anyone who has ever suffered the hurt and pain of mistrust. Mira Kirshenbaum wisely takes you on a journey exploring the difficulties of betrayal, suspicion and harmful mistakes.

Kirshenbaum's gifted insights are profound and they show you how to restore trust with your closest loved ones. — Lee Raffel, M.S.W., author of *I Hate Conflict!*

“Mira Kirshenbaum has hit another one out of the park. Her no-nonsense approach offers thoughtful, practical step-by-step methods to assess whether and how to rebuild the trust in your relationship.” — Diana Mercer, J.D., co-author, *Making Divorce Work*

“[Kirshenbaum] gives brave advice for overcoming the devastating effects of betrayed trust, and gives hope that we actually might be able to salvage and repair important relationships, or at least know that we have choices we can make. Thank you for this much needed guidebook to trust—the essential building block of all relationships.” — Carol Evans, President, Working Mother Media

Mira Kirshenbaum is the author of eleven books translated into twenty languages and a two-time finalist for the Books for a Better Life award. She is clinical director of The Chestnut Hill Institute, an internationally recognized center for research and psychotherapy. She has trained clinicians at Harvard Medical School and other institutions.

This book is recommended as a first-read following a betrayal and as a go-to when feeling stuck in the recovery process. It is organized into three sections. In Part One, the author has a hopeful tone and conveys her understanding of the deep pain of experiencing betrayal, both in how it alters how one views themselves and changes the world in which they live. This section normalizes the feelings that come with betrayals of all sorts, and inserts hope for restoration of trust. She opens up about her own personal experience of recovering from betrayal with her husband, which can provide a sort of validation about her recommendations that therapists cannot (because we are trained not to self-disclose). One of the most helpful takeaways early on is the concept that once there has been a hope or an expectation of recovery established, many couples may set an unreasonably high expectations for perfect behavior. The author warns appropriately that due to relationships involving two imperfect people, there are going to be setbacks and mistakes from both partners. There is also a good description of the helpless/angry and under-attack/defensive dynamic that prevents couples from healing. Finally, there is a focus on the difference between safety and trust, which may be something many have never considered before. A key concept is that “you can only regain trust if you let go of some of your need for safety,” meaning there is a need to tolerate vulnerability to build trust. It explains how the more one partner does to feel safe, the more it makes the other partner feel unsafe (as in, withdrawing to feel safe causes your partner to

feel insecure about your love for him/her).Part Two is focused on how to restore trust. It starts with a great description of the trust-betrayal-anxiety-unreliable emotional path that keeps many couples stuck (p103). It then covers Six Questions and asserts that knowing the answers to these questions makes all the differences in whether trust can be rebuilt (p105). There is then a chapter to address each of the six questions.A frequent question I receive is how long will/should the anger and healing process last; this is addressed in a helpful section beginning on p.126. The accusation/defense trap (p150) is also a common pattern I witness, and using the described way of expressing/listening is key to recovery.Part Three is about restoring trust in other situations, such as when one partner is unreliable, when there are power imbalances, and when the couple has significant differences in expectations. A chapter is devoted to how to navigate having differences in openness and honesty, which can trap couples in a cycle of suspicion and withdrawal. There is also powerful information about why people who have been hurt or lied to in the past tend to find themselves in dishonest/untrusting relationships.IN SUM: Not only is this a helpful first book to read following betrayal, it would also be helpful later down the road when feeling stuck in the recovery process. I think the hurt partner who is in shock and feeling crazy with grief will find the normalizing, casual tone soothing and comforting. The person who has been trying for months to recover from the pain will find it helpful in offering a different way to think about things, and an action plan for the areas of stuck-ness. The partner who feels sincerely regretful about what they did--and who wants desperately to help the one they love--will find it useful to see that there is a path out of the pain, the blame/defend cycle, and the shame/remorse they feel. It is both realistic and hopeful, which is a good balance for a book of this topic.

I purchased this book after reading reviews which portrayed this book as helpful in healing work after a betrayal. I found this book to be nothing close to the reviews. This book appears short on both empathy and any real insight - the book approaches affairs using the attitude of blame the betrayed spouse. The book repeatedly suggests that betrayals happen only after a spouse has been trying and trying to reach the other spouse who is unable or unwilling to be empathetic or nurturing. There are copious examples. One example is Ryan, who hadn't been looking for an affair but three years into his marriage he was "ripe for the plucking by any woman who showed the promise of affection." Dawn, Ryan's spouse was supposed to be a fun loving take it easy kind of gal but she turned out to be "ambitious, hard working highly organized person". As Ryan had "never seen this side of her" he discovered that Dawn has turned into "a tough taskmaster". Obviously the

author feels strongly that Ryan was entitled - even though the author herself states that Dawn never tried to hide her personality. Really?? Wow how sadly vested is the author in excusing infidelity and hide Ryan's ownership of his own behavior. Obviously in the author's opinion, Dawn fell down on the job and Ryan had every right to have an affair in reaction to his unmet needs (instead of communicating them to his spouse). I finally put this book down when I reached the section entitled "The Top Six Solutions that Prevent Betrayal". Ms. Kirshbaum glosses over the devastation of betrayals, states that blame is not useful and then goes on to spread blame on the spouse. While a marriage has two sides and break downs in communications are typically shared, if someone cheats or lies that is a choice that is made by that person. Stating that there are ways to prevent someone else's choices, including betrayal is simply NOT a reasonable statement and it is highly inappropriate and inflammatory to suggest that the betrayed spouse has some kind of role in 'causing' betrayal. Restoring trust in relationships after betrayal takes serious work- honesty, transparency and building a new foundation. A cornerstone of this work must involve owning behavior and, if needed, making amends and understanding upset. Blaming and excusing behavior does not provide helpful guidance but continues to obfuscate the situation and prevent healing. I strongly recommend skipping this book. There are many wonderful books on healing and re-building trust. This is NOT one of them.

Wonderful resource for those struggling with the aftermath of a betrayal and or whether to stay in or leave a relationship. Mira is a wise woman whose years of practice as a therapist have been put to good use in her books. I also have and love all her other books. I recommend her books to everyone in a relationship. I have learnt so much and learnt to ask the right questions. Bravo!!

This book is long. But this book is more about how to re-establish trust, or at least this aspect of the book was wonderfully relevant to me at a time I needed it. Much thanks to the author. I no longer look at myself as a fool for trusting and being hurt. The goal to love has a foundation based in the reality of trustworthiness.

Spot on for where I am and have been for some time, covers many many scenarios and absolutely challenges the reader to step out of their painful position and examine it from all angles, even when you really really REALLY don't want to. I've listened to it via my Kindle several times through and keep revisiting it.

Super helpful book to get your feet back on the ground. A great gift for anyone needing to heal after a break up.

Not at all what I expected. Not really about relationships

This book was very timely and insightful. I recently found out that my husband was cheating and took a chance with this book to help think through what should happen next. I experienced every stage described and the stages were out of order just as the author said they might be. A very easy read and you will surely connect with this book if you are truly open to trusting again.

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