

Relationships of Trust

When you have a relationship with someone that is full of trust and honesty, fantastic things can happen. Trust is akin to feeling safe. You are able to jump into the scary unknown with assurance that you will be okay. A trusting relationship provides such a safety net in which you can work through your emerging fog in safety. Being able to fully express what is up for you, knowing the other person will not take it personally, and that they will listen without judgement is liberating. It enables you to be open, vulnerable and honest, walk where you might otherwise fear to tread, and as a consequence unearth and resolve older, deeper emotional and mental patterns. This is a significant purpose of relationship. Remembering that whatever arises from within you is your own, not the other persons, to work through, enables clear lines of connection in the relationship, no matter what you are working with.

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Abstract

Trusted relationships offer a safety net that can enable you to venture where you might not otherwise be prepared to do so.

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Trusting child leaps to an adult

I have such a relationship in my marriage. We have had some significant and robust discussions that required trust on both our parts, and strengthened our trust as a result. Often the sharing is much smaller but the act of sharing still requires trust, and is still beneficial. The act of giving myself permission to share what is going on inside is a major freeing step to take. Recently I awoke from a restless, dream-filled night, felt quite anxious and full of shame, and was able to share this. A burden shared really is a burden reduced, and my experience

was an immediate lightening of my mood and I had a fabulous and fruitful day. In the past I might have carried my mood throughout the day and suffered for it.

Whether a partner, friend, or trusted community, it is worthwhile finding someone you can fully, freely and safely express whatever is going on for you, and be received without judgement. The act of choosing to be witnessed in a vulnerable state provides relief to the soul and a chance to expand into new space.

For more information related to themes in this article, refer to chapter 2 (Life is a Journey ... Enjoy It!) of: Harrison, S. G. (2012). [*Appreciate the Fog: Embrace Change with Power and Purpose*](#). Auckland, New Zealand: Xlibris Corporation.

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