

How to Repair Trust After It Faded

Use this when trust eroded slowly through missed follow through or inconsistency.

The Script

I want to talk about trust between us.

It did not break all at once, it faded.

I need consistency more than promises.

I want us to rebuild trust through what we do, not just what we say.

Important Reminders

- Trust fades through small moments
- Consistency rebuilds trust
- Actions matter most

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