

Tool 13.1: Discuss how to rebuild trust

How your loved one with an addictive behavior can improve or impair your trust of them:

Deposits into their Trust Account	Withdrawals from their Trust Account
Ex: Telling the truth, even when it's "bad."	Ex: Stealing money from you.

How you can improve/impair your loved one's trust in you:

Deposits into our Trust Account	Withdrawals from our Trust Account
Ex: Actively listen, without judgment.	Ex: Snooping.