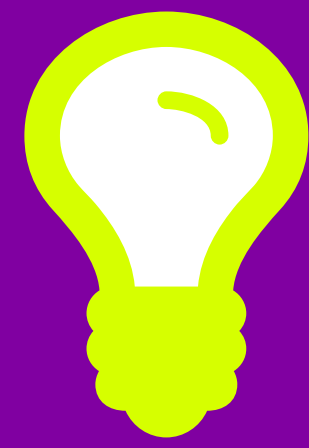




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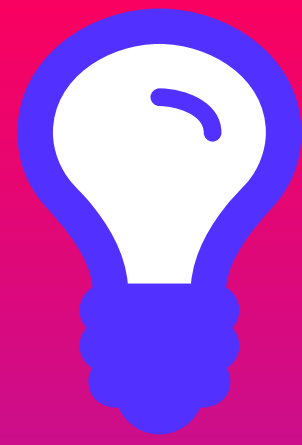
Coach Chuck Futel



Coach Dan Ray

HOW DO YOU BUILD TRUST IN YOUR RELATIONSHIP?

By Charles E. Winburn, M.Ed.



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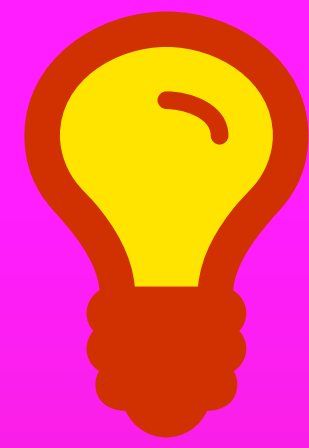
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HOW DO YOU BUILD TRUST AFTER YOUR PARTNER HAS LIED TO YOU?

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HOW DO YOU BUILD TRUST AFTER YOUR PARTNER CHEATED?

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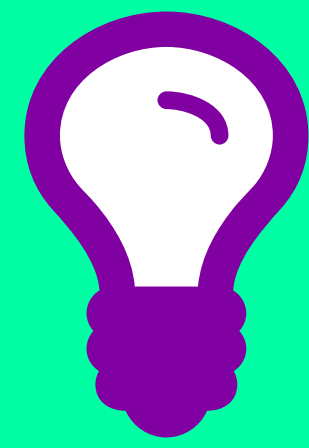
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WHAT DO YOU DO WITH A PARTNER WHO IS NOT HONEST OR TRUSTWORTHY?

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SHOULD YOU DATE OR MARRY SOMEONE WHO HAS NOT RESOLVED THEIR TRAUMA?

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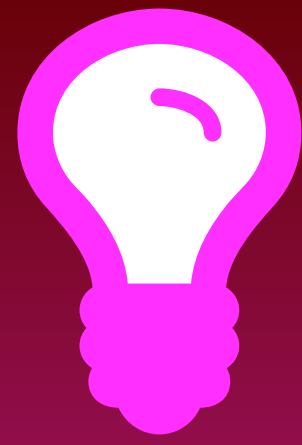
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SHOULD YOU MARRY A BROKEN MAN OR BROKEN WOMAN? WILL YOU BE ABLE TO TRUST THEM?

By Charles E. Winburn, M.Ed.



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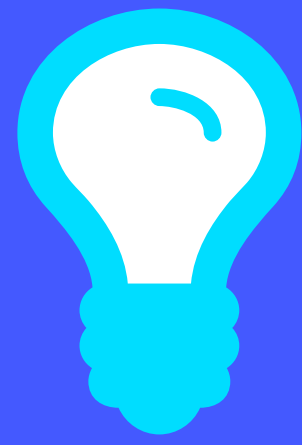
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DID YOU KNOW...
BROKEN MEN & WOMEN
ARE NOT GOOD CANDIDATES
FOR DATING OR MARRIAGE!
LEARN WHY SUNDAY!

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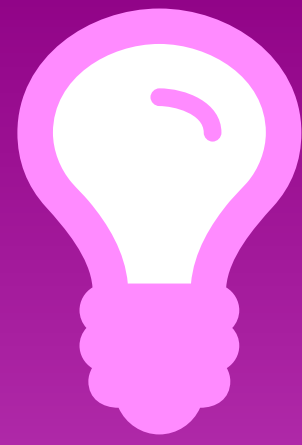
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DO YOU TRUST YOUR WOMAN OR WIFE? LEARN HOW TO TRUST AGAIN!

By Charles E. Winburn, M.Ed.



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DO YOU TRUST YOUR MAN OR HUSBAND? LEARN HOW TO TRUST AGAIN!

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Resources

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Aim for Wellbeing

The Christ Hospital

513-791-5521

***AIM for Wellbeing: Integrative
and Functional Medicine***

Life Extension

**Research-based vitamins
and minerals**

855-874-9087

John H. Thomas, Ed.D.

Clinical psychologist

513-961-5682

(24-hour answering service)

Amen Clinics

Brain SPECT Imaging

877-311-2828

Natural ways to heal your body

Clifton Natural Foods

336 Ludlow Avenue

Cincinnati, OH 45220

513-961-6111

Ohio Domestic Violence Network (ODVN) Helpline

1-800-934-9840

www.odvn.org

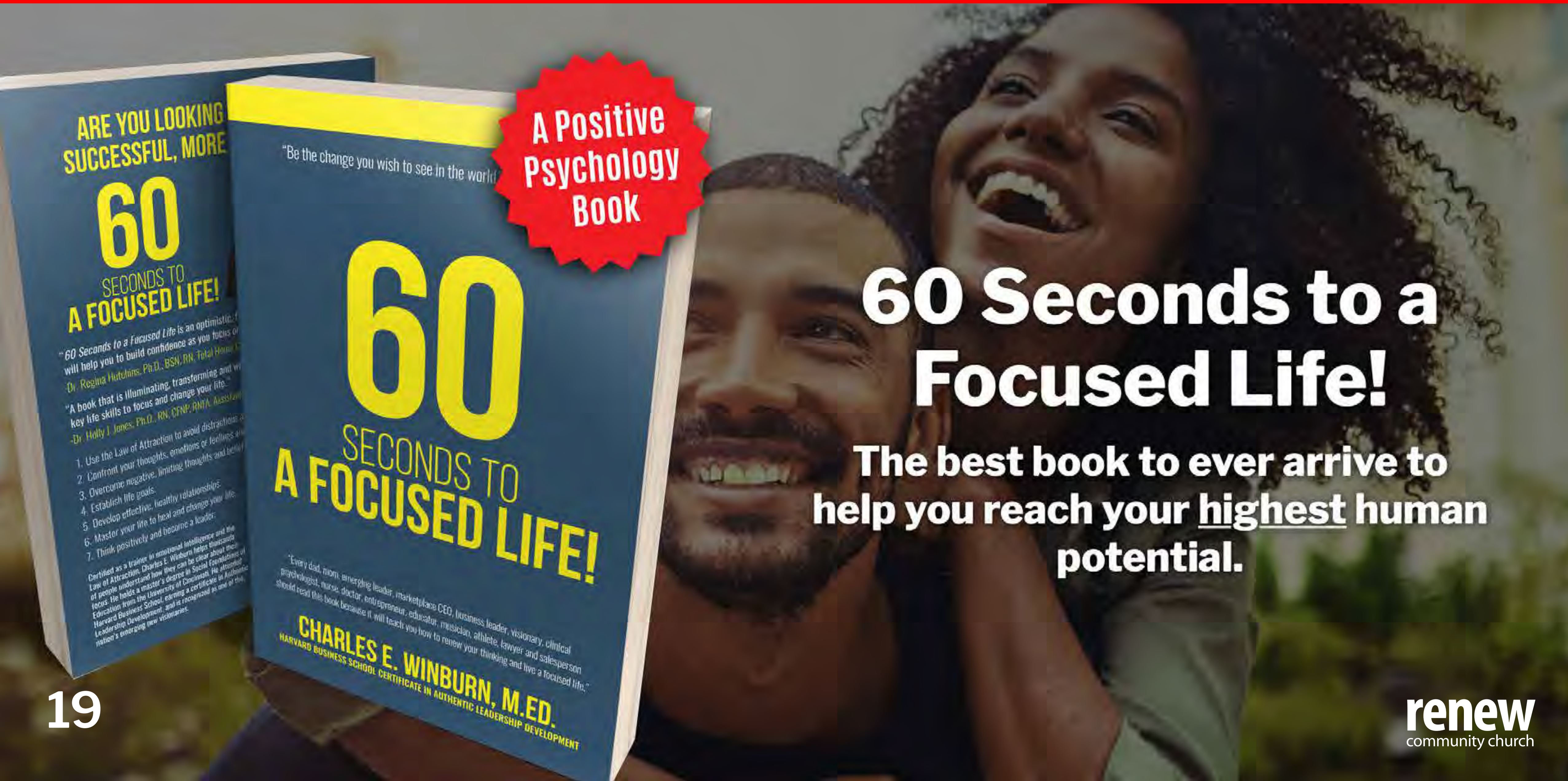
National Domestic Violence Hotline

1-800-799-SAFE (7233)

1-800-787-3224 (TTY)

www.thehotline.org

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Psychology
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60 Seconds to a Focused Life!

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ARE YOU LOOKING
SUCCESSFUL, MORE

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SECONDS TO
A FOCUSED LIFE!

"60 Seconds to a Focused Life is an optimistic, practical book that will help you to build confidence as you focus on your goals."
-Dr. Regina Hutolins, Ph.D., BSN, RN, Total Home Care

"A book that is illuminating, transforming and will help you master key life skills to focus and change your life."
-Dr. Holly J. Jones, Ph.D., RN, CFNP, RNTA, Assistant Professor

1. Use the Law of Attraction to avoid distractions and achieve your goals.
2. Confront your thoughts, emotions or feelings and beliefs.
3. Overcome negative, limiting thoughts and beliefs.
4. Establish life goals.
5. Develop effective, healthy relationships.
6. Master your life to heal and change your life.
7. Think positively and become a leader.

Certified as a trainer in emotional intelligence and the Law of Attraction, Charles E. Winburn helps thousands of people understand how they can be clear about their focus. He holds a master's degree in Social Foundations of Education from the University of Cincinnati. He attended Harvard Business School, earning a certificate in Authentic Leadership Development, and is recognized as one of the nation's emerging new visionaries.

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SECONDS TO
A FOCUSED LIFE!

CHARLES E. WINBURN, M.ED.
HARVARD BUSINESS SCHOOL CERTIFICATE IN AUTHENTIC LEADERSHIP DEVELOPMENT

Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.

Proverbs 3:5-6

**Blessed is the man that trusteth
in the LORD, and whose hope the
LORD is.**

Jeremiah 17:7

**Commit thy way unto the LORD;
trust also in him; and he shall bring
it to pass.**

Psalm 37:5

**It is better to trust in the LORD
than to put confidence in man.**

Psalm 118:8

**What time I am afraid,
I will trust in thee.**

Psalm 56:3

**Thou wilt keep him in perfect
peace, whose mind is stayed on
thee: because he trusteth in thee.**

Isaiah 26:3

**Behold, God is my salvation; I will
trust, and not be afraid: for the
LORD JEHOVAH is my strength
and my song; he also is become
my salvation.**

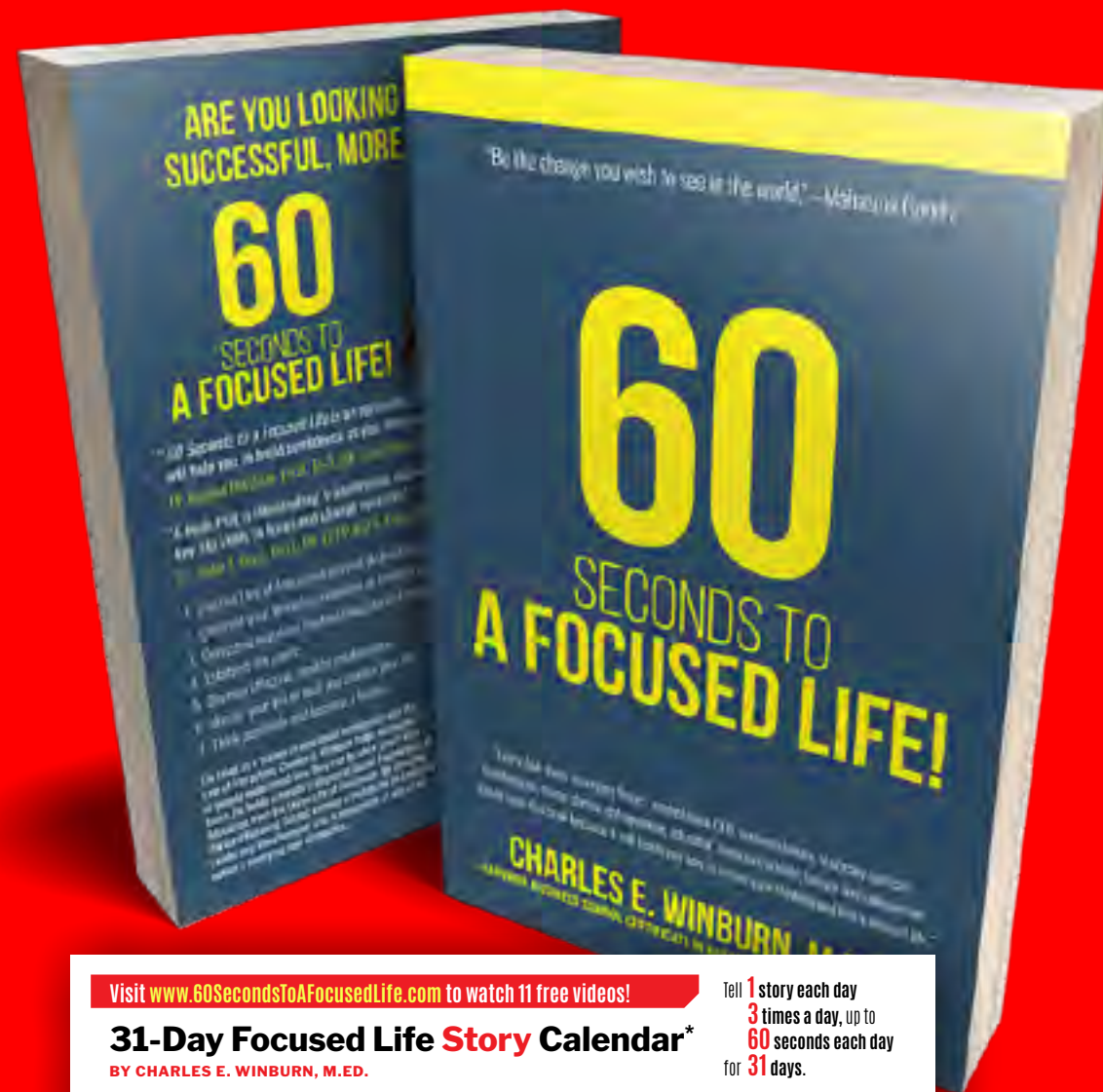
Isaiah 12:2

**The LORD is good, a strong hold in
the day of trouble; and he knoweth
them that trust in him.**

Nahum 1:7

**Now the God of hope fill you with all
joy and peace in believing, that ye
may abound in hope, through the
power of the Holy Ghost.**

Romans 15:13



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Why don't people trust each other?

AI Research

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- 1. Uncertainty about motives:**
People may assume others are hiding intent, so trust feels irrational or risky.

2. History of broken promises:
Past betrayals or inconsistency
make it hard for people to
update beliefs positively.

3. Incentives that reward deception: When lying can pay off (money, status, advantage), honesty becomes less expected.

4. Information asymmetry: One person knows more or controls more information, so the other can't verify claims.

- 5. Cognitive bias (fundamental attribution error):** People explain others' actions as character flaws more than context, fueling suspicion.

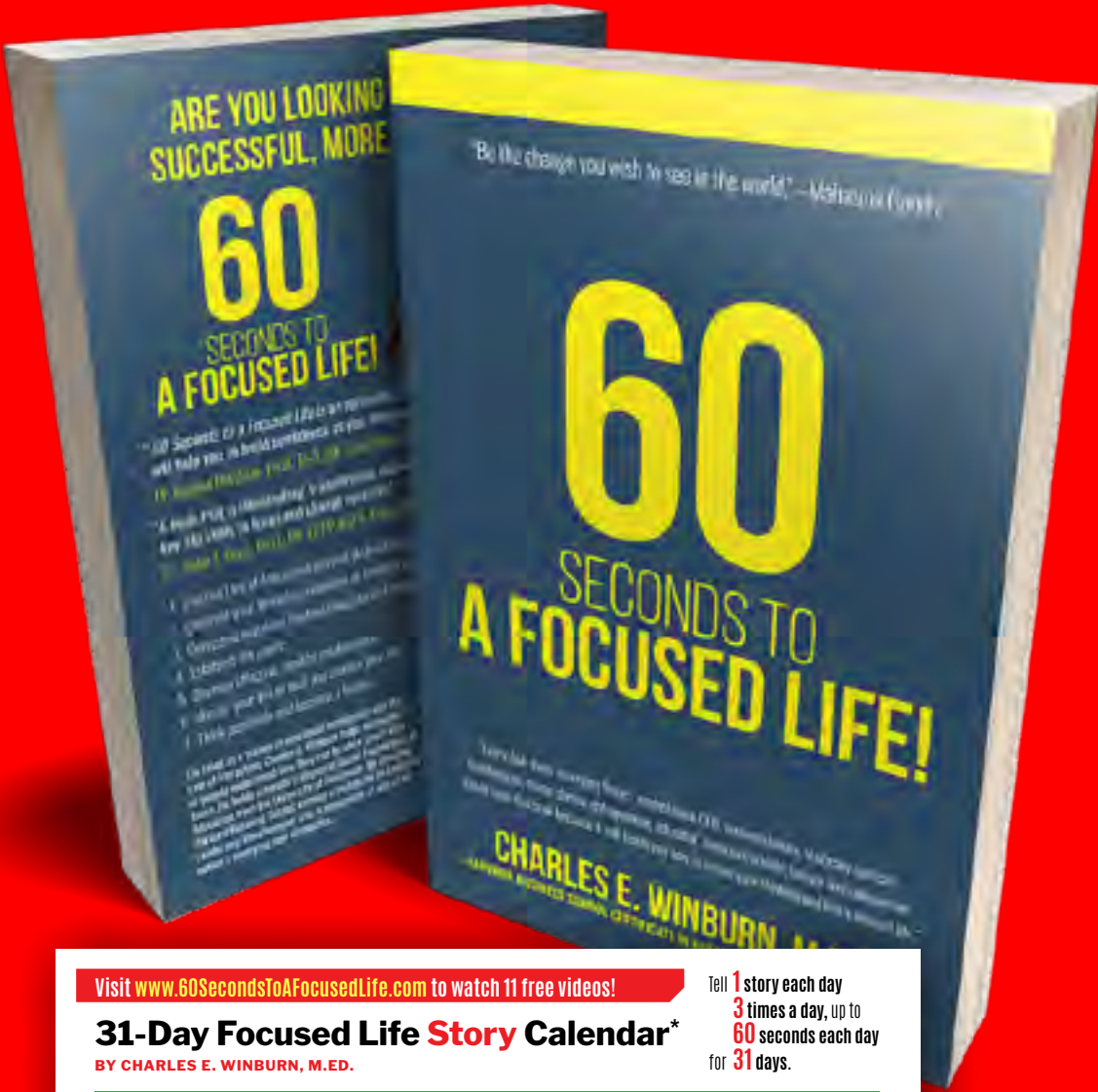
6. Signaling failures: Even sincere people may not “prove” themselves clearly, so trust never forms reliably.

7. Cultural and communication differences: Misinterpretations (tone, norms, indirectness) can make ordinary actions look dishonest.

8. Low transparency and accountability: When there's no visible process, documentation, or consequences, people assume the worst.

9. Fear of exploitation: Prior experiences (or observed harm to others) make people defensive and less trusting.

10. Social comparison and group bias: People may distrust “out-groups” and over-trust “in-groups,” even when evidence is similar.



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20 things couples hide from each other which doesn't build trust

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- 1. A history of infidelity (or suspected involvement)**
- 2. A past addiction or relapse they've never fully shared**
- 3. Ongoing emotional dependence on an ex (or lingering feelings)**
- 4. Secrets about finances (debt, overspending, gambling, hidden accounts)**

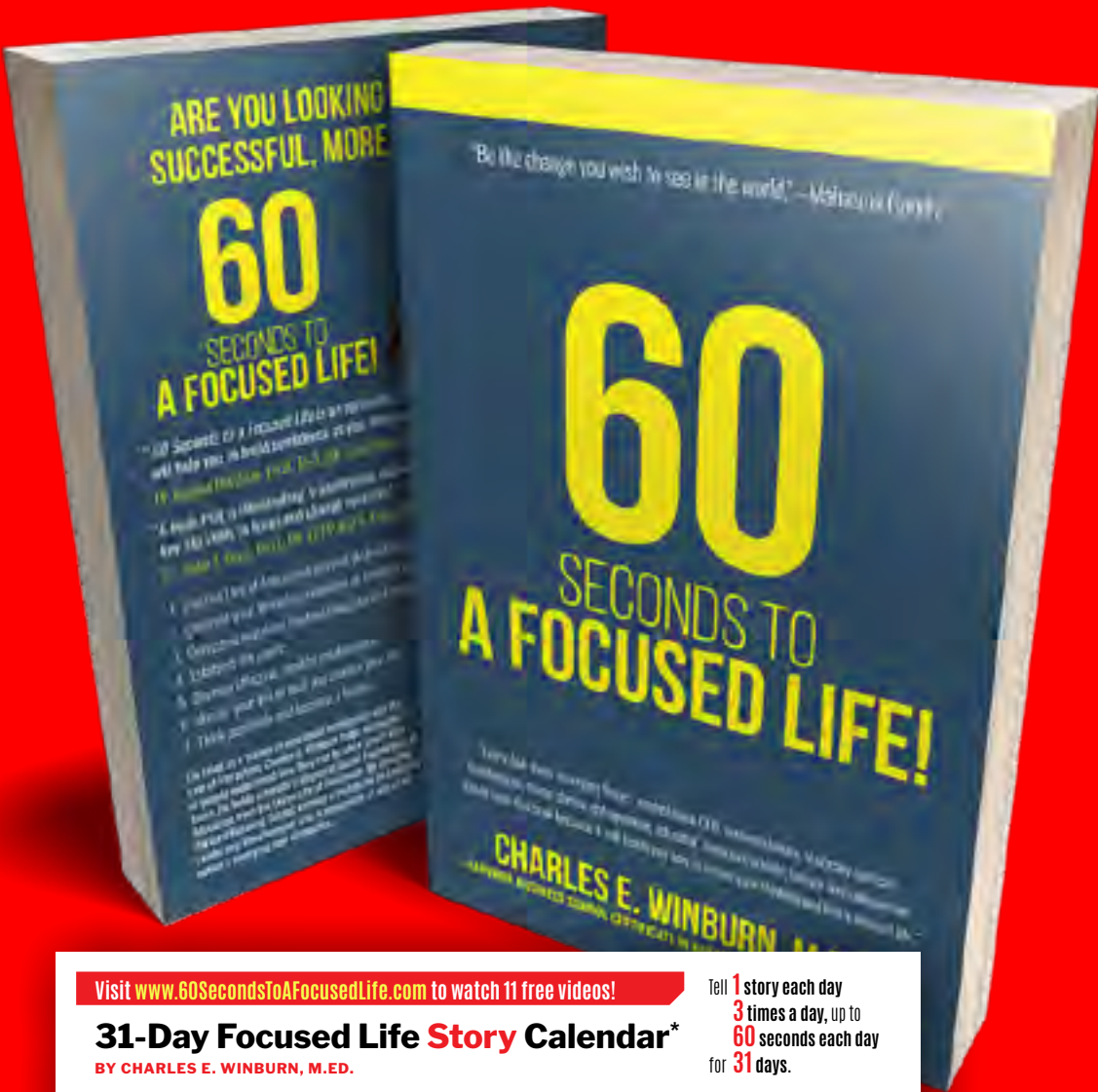
- 5. A job/career credibility issue (lying about role, timeline, or income)**
- 6. Medical or mental health details they fear being judged for**
- 7. Sexual experiences they don't want compared or judged**
- 8. Difficult sexual topics they worry will feel “too much” to disclose**

- 9. Unshared sexual incompatibilities (desires, boundaries, fantasies)**
- 10. Porn/sexual habit details they fear will be stigmatized**
- 11. Body-image insecurity that affects intimacy**
- 12. Major resentment they've been suppressing (that might "blow up")**

- 13. Therapy-related details they worry will sound like “something is wrong with them”**
- 14. A pattern of anger (regret over how they handle conflict)**
- 15. Mistakes with family (major drama with parents/siblings they fear you’ll blame them for)**

- 16. Legal trouble they haven't mentioned (past citations, lawsuits, etc.)**
- 17. How they truly feel about children/family planning if it conflicts with yours**
- 18. Substantial differences in values (religion, politics, money priorities, lifestyle)**

- 19. Secret plans to leave or change the relationship (worrying it'll destroy trust)**
- 20. An embarrassing personal insecurity they fear will make them “seem less”**



How do you build trust in a relationship?

AI Research

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- 1. Tell the full truth about what happened (without minimizing)**
 - You (and your partner) need to clearly name what happened, when, and what you believe is true now.**
 - Decide what details you still need in order to feel safe enough to move forward.**

2. Ask for a clear, accountable explanation (not excuses)

- Look for ownership: “I did this” and “here’s why I chose it,” not blaming you or blaming “weakness.”**

- **Clarify what patterns drove the cheating (immaturity, avoidance, entitlement, opportunity), and whether they're willing to address those patterns directly.**

3. Create concrete boundaries and consequences

- Define what behavior is unacceptable going forward (e.g., secrecy, flirting, emotional affairs, hiding messages).**

- **Agree on what happens if boundaries are broken—so it's not just a promise (“I’ll leave”) but a plan.**

4. Require transparency that reduces uncertainty

- If checking is the early phase, agree on a structured way to rebuild certainty (timelines, access, accountability).**
- The goal isn't control forever—it's to replace guesswork with consistent behavior while healing begins.**

5. Put repair first: consistent actions over words

- Trust rebuilds through repeated proof, not apologies alone.**
- Watch for reliability: following through, showing up emotionally, and changing behavior in daily life.**

- 6. Do relationship repair work together (and/or professionally)**
- Consider couples therapy or a structured program focused on infidelity recovery.**
 - Therapy can help address betrayal trauma, communication, and the “why” behind the affair without constant fights.**

7. Address betrayal trauma (it's real and it needs care)

- Triggers, intrusive thoughts, and emotional whiplash are common after repeated cheating.**
- You may need individual support too—so the healing doesn't all depend on your partner.**

- 8. Renegotiate the relationship structure and expectations**
 - Decide what “being committed” means in practical terms: privacy norms, social boundaries, dating context, and communication standards.**

- **Talk about what you both need to feel secure going forward (not just what they don't want you to ask).**

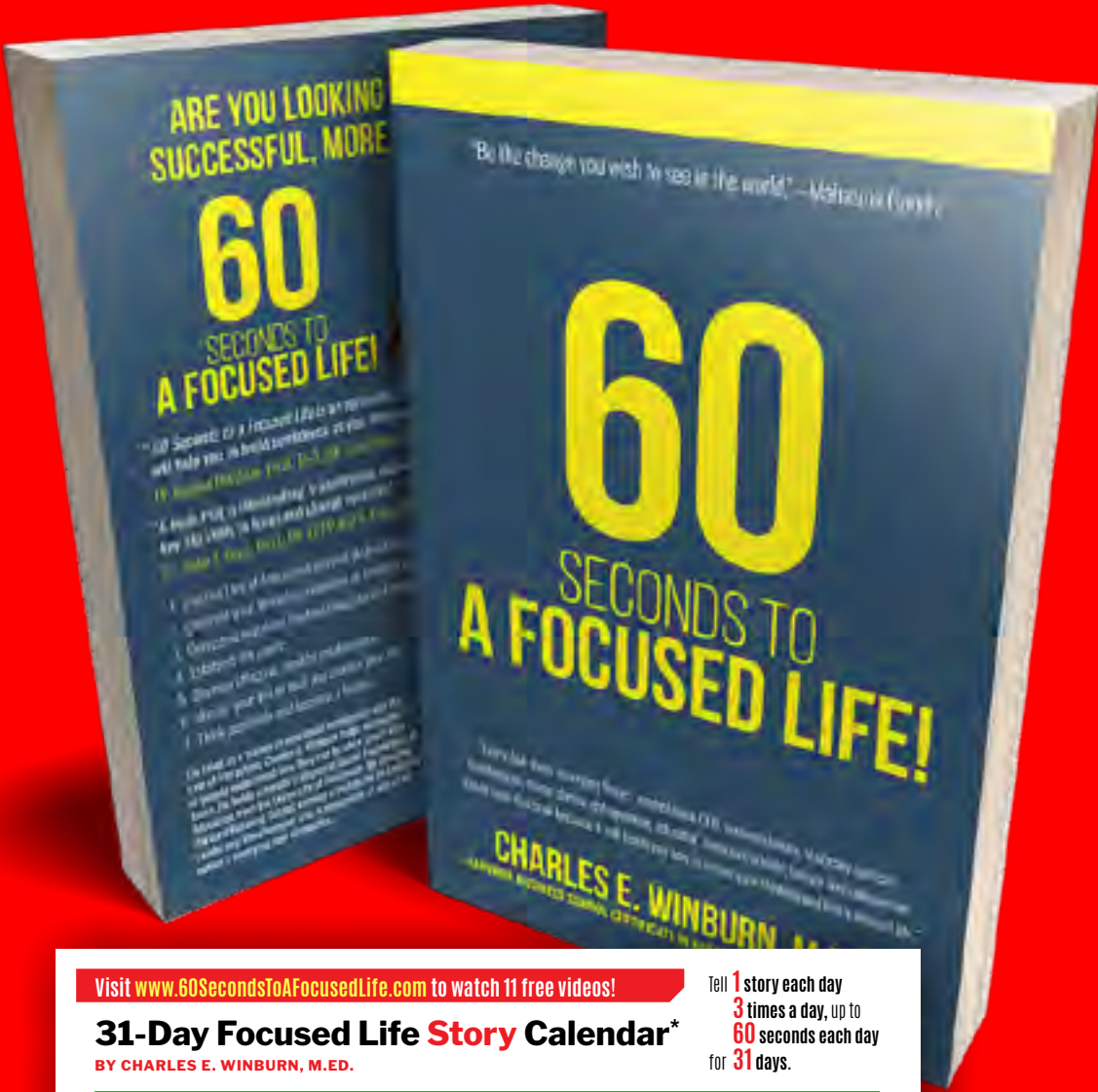
9. Establish a timeline for rebuilding and check trust progress

- Trust doesn't restore instantly—set milestones (e.g., 30/60/90 days) to review how safety and respect are improving.**

- **If the relationship can't meet those milestones, you'll learn sooner rather than later.**

- 10. Protect your dignity and prepare for the possibility it won't change**
- **Repeated cheating is a major warning signal; you're allowed to choose yourself.**

- **If they can't sustain accountability, transparency, and behavioral change, you should seriously consider ending the relationship (or at least stepping back) rather than continuing the cycle.**



30 ways to better trust in your relationship

AI Research

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1. Be consistent

- **Act the same way across good days and stressful days**
- **Keep promises you make (small and big)**

2. Follow through on plans

- Show up when you say you will**
- If something changes, communicate early**

- 3. Tell the truth—even when it's awkward**
 - **Avoid “half-truths”**
 - **Correct mistakes quickly and calmly**

4. Communicate clearly about expectations

- Share what you want and what you don't**
- Ask their expectations too**

- 5. Keep boundaries respectful**
- **Be honest about limits (time, pace, privacy)**
 - **Respect theirs without pushing or guilt**

- 6. Be emotionally dependable**
- **Don't vanish during conflict**
 - **Check in, especially when things feel uncertain**

7. Practice transparency (appropriate to comfort levels)

- Share relevant info proactively (plans, intentions, availability)**
- Don't overshare, but don't hide major things either**

8. Use a calm tone during disagreements

- Focus on the issue, not insults**
- Take breaks if either person is escalating**

9. Apologize specifically

- **Say what you did**
- **Say what you'll do differently**

10. Own your part without excuses

- **“I was wrong about...” beats “I only did it because...”**
- **Accountability builds safety fast**

11. Make each other feel seen

- **Notice their values, goals, and routines**
- **Remember details and bring them up later**

12. Show respect in public and private

- **Don't “perform” kindness only in front of others**
- **Be the same partner off-camera**

13. Move at a pace that feels safe

- **Don't rush intimacy, exclusivity, or big commitments**
- **Let trust grow through comfort**

14. Be fair and consistent with attention

- **Don't hot-and-cold communication**
- **If you're busy, say so and offer a timeframe**

15. Build trust through reliability with communication

- Reply patterns that feel normal to both of you**
- If you're late, give a heads-up**

16. Avoid jealousy games

- **Don't test them to “see if they care”**
- **Choose direct reassurance over indirect pressure**

17. Discuss relationship “rules” early

- **Monogamy/exclusivity expectations**
- **How you handle exes, flirting, and social media**

18. Respect each other's friendships

- **Don't forbid harmless connections**
- **If boundaries are needed, agree on them kindly**

19. Be mindful with social media

- **Don't mislead others
(especially about status)**
- **Use consistent signals you both
agree on**

20. Create a shared plan for the engagement period

- Discuss wedding/engagement expectations and decision timelines**
- Make a “how we handle stress” agreement**

21. Have values-based conversations

- **Money, family, religion/spirituality, children, lifestyle**
- **Trust grows when you align on fundamentals**

22. Practice “team language”

- **Replace “you always/you never” with “we’re trying to solve...”**
- **Let them feel like allies, not opponents**

23. Handle conflict with repair, not avoidance

- **After an argument, return to connection**
- **Ask: “What do you need from me right now?”**

24. Set clear financial boundaries

- **Discuss spending habits, debts, and priorities**
- **Agree on how costs are handled (especially during engagement)**

25. Be proactive about safety and comfort

- **Discuss consent, communication preferences, and privacy**
- **Make room for emotional needs without pressure**

26. Keep your word about big topics

- **If you say you'll call, follow through**
- **If you say you'll decide by Friday, decide or communicate a delay**

27. Give reassurance without controlling

- **Share affection and commitment clearly**
- **Avoid checking, tracking, or interrogating**

28. Celebrate progress together

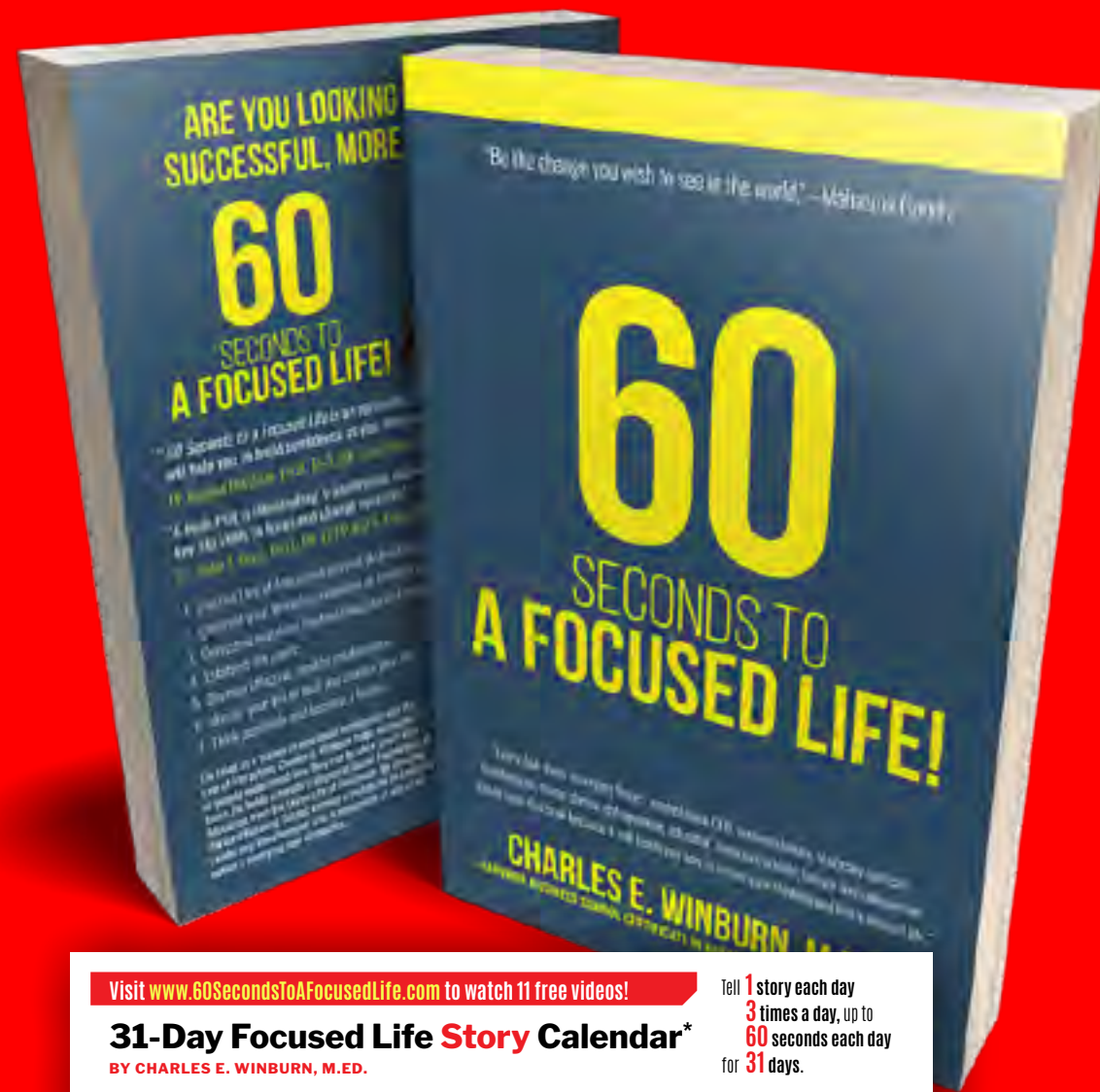
- **Notice improvements in communication or conflict resolution**
- **Reinforce good behavior**

29. Don't bring unresolved drama into the relationship

- **Work on your patterns (therapy/coaching helps)**
- **Avoid using them as a “fix” for old wounds**

30. Keep building trust after engagement too

- **Revisit agreements as real stress increases**
- **Continue transparency, kindness, and teamwork**



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31-Day Focused Life Story Calendar*
BY CHARLES E. WINBURN, M.ED.

Tell 1 story each day
3 times a day, up to
60 seconds each day
for 31 days.

LEARN HOW TO WRITE YOUR OWN STORY! SEE CHAPTER 38 IN 60 SECONDS TO A FOCUSED LIFE!

DAY 1 It is my divine and human right to have fun today.	DAY 2 It is my divine and human right to be happy today.	DAY 3 It is my divine and human right to be in love and express my love today.	DAY 4 It is my divine and human right to walk in grace and to feel by the Holy Spirit today.	DAY 5 It is my divine and human right to walk in wisdom and the skill of God today.	DAY 6 It is my divine and human right to experience serenity today.	DAY 7 It is my divine and human right to forgive myself and others today.
DAY 8 It is my divine and human right to love today.	DAY 9 It is my divine and human right to be joyful and have a great outlook on life today.	DAY 10 It is my divine and human right to be peaceful, joy and peace in the universe and the earth today.	DAY 11 It is my divine and human right to feel safe today.	DAY 12 It is my divine and human right to walk in the illumination and kindness of God today.	DAY 13 It is my divine and human right to be kind to self and others today.	DAY 14 It is my divine and human right to be harmonious today.
DAY 15 It is my divine and human right to walk in courage today.	DAY 16 It is my divine and human right to be respected by and for others and share peace today.	DAY 17 It is my divine and human right to be free and speak the freedom today.	DAY 18 It is my divine and human right to live in the presence of God today.	DAY 19 It is my divine and human right to live, move and have my being in God today.	DAY 20 It is my divine and human right to renew my mind today.	DAY 21 It is my divine and human right to be more than a consumer over my spiritual, health and mental life today.
DAY 22 It is my divine and human right to do all things through Christ who strengthens me today.	DAY 23 It is my divine and human right to pray and meditate in peace today.	DAY 24 It is my divine and human right to walk in the will of God. I trust in God today.	DAY 25 It is my divine and human right to focus on what I want. I focus on happiness today.	DAY 26 It is my divine and human right to focus on what I want. I focus on happiness today.	DAY 27 It is my divine and human right to have great relationships today.	DAY 28 It is my divine and human right to prosper and walk in all the fullness of God's promises today.
DAY 29 It is my divine and human right to be transformed and renewed in my heart today.	DAY 30 It is my divine and human right to walk in divine health and healing today.	DAY 31 It is my divine and human right to have plenty of money and materials to bless others today.	*It takes approximately 21 days to get rid of a negative vibration. In 31 days, you will have created for yourself a positive and life-changing emotional vibration.			

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LEADERSHIP CONCEPTS LLC

Dark secrets must be resolved in order to build trust in a relationship

AI Research

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1. Fear of confirmation (they don't want to find out the worst)

- **They may love you, but when trust is weak, uncertainty feels dangerous.**
- **Keeping “dark secrets” helps them avoid a moment where everything is fully revealed.**
- **They may believe the truth will destroy the relationship or change how you see them.**

2. Trauma or past betrayal shaped their trust

- **If they were betrayed before, they learned that closeness can be weaponized.**
- **Secrets become a protective habit: “If I don’t share, I can’t be harmed like last time.”**
- **Love can still exist, but safety and trust don’t automatically follow.**

3. Shame and self-protection

- 4. They might feel ashamed of parts of their past or behavior, even if you're a good partner.**
- Trust requires accountability; they may fear judgment more than conflict.**
 - Keeping secrets is often a way to avoid facing the consequences of their own actions.**

5. They're trying to prevent conflict (but it backfires)

- **They may believe, “If I don’t tell, we can stay peaceful.”**
- **They might not realize that secrets usually create tension anyway—just later.**
- **Their intention is stability, but the method undermines trust.**

6. They still care, but they're emotionally inconsistent

- **They may feel warm and loving in some moments, yet guarded in others.**
- **Their attachment might pull them toward you, while fear pushes them away.**
- **The result can look like love without transparency.**

7. They believe they're “protecting you”

- **Some people genuinely think the truth will hurt you unnecessarily.**
- **They may hide information to prevent you from spiraling, feeling betrayed, or losing hope.**
- **This can be controlling even if it starts with good intentions.**

8. Control through information

- **Secrets can give them leverage: “I decide what you know.”**
- **They may fear losing influence if full honesty removes their ability to manage the narrative.**
- **Love can coexist with control—especially if trust never developed.**

9. They want to change, but aren't ready to be accountable

- **They may hold dark secrets because they're working through change internally.**
- **But without shared truth, you can't partner in the process.**
- **They may fear that telling you now will force commitment before they feel ready.**

10. They interpret trust as something that must be “earned,” not shared

- **They might believe you shouldn't know everything until they've “fixed” themselves.**
- **Love feels safe, but vulnerability feels like a risk.**
- **So they keep secrets until they think they deserve openness—which may take too long.**

**11. They're afraid the relationship
can't survive the truth**

- **If their secrets involve betrayal, addiction, wrongdoing, or identity-related fear, the stakes may feel high.**
- **They might worry that you'll leave, retaliate, or see them as unforgivable.**
- **Keeping secrets becomes their last attempt to avoid losing you—while still not letting trust grow.**



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By Charles E. Winburn, M.Ed.