



mama's name :

REBUILDING TRUST: START WITH LOVE, NOT SUSPICION

Before He Walks Through the Door:

- ☐ Take a deep breath—reset your energy.
- ☐ Remind yourself: "He's not the enemy; he's my partner."
- ☐ Let go of the urge to check his mood before showing your love.

As He Enters the Home:

- ☐ Greet him with eye contact.
- ☐ Offer a warm, casual "Hey babe, glad you're home."
- ☐ Give a quick hug—even if it's just a side hug while holding a baby.

Daily Micro-Moments to Build Trust:

- ☐ Text him something kind or funny during the day.
- ☐ Thank him for even the small things (trash out, playing with the kids).
- ☐ Stop assuming the worst—ask before assuming.

Weekly Connection Check-In:

- ☐ Spend 5 minutes after the kids sleep just checking in with each other.
- ☐ Ask, "How are you doing?" not just "Did you pay that bill?"
- ☐ Make space for emotional talk—even if it's short.

TRUST

RESPECT

CONNECTION

LOVE

