

How to Show You Changed After Breaking Trust – Checklist

Use this before or during the conversation, when you need a fast reference.

Before You Start

- ☐ Get honest about your real motive before you bring anything up.
- ☐ Pick one thing you've been hiding or downplaying and rehearse saying it as one sentence, no "but."

What To Watch For

- ☐ The urge to over-explain instead of simply owning the mistake.
- ☐ The urge to argue when she questions your timeline or motives.

What To Say

- ☐ "Quick update before you ask."
- ☐ "That's on me, I'm not going to explain it away."
- ☐ "You're allowed to think that. I haven't earned a different answer yet."

What Not To Do

- ☐ Don't add "but" after an apology.
- ☐ Don't argue with her doubt or her timeline.
- ☐ Don't wait to be asked before offering transparency.

Repair Move

- ☐ If she shuts down, don't chase her. Say you'll bring it up again next week, then actually do it.

Success Check

- ☐ She volunteers information without being asked.
- ☐ She stops bringing up the original breach in unrelated arguments.