

When Your Wife Doesn't Trust You Anymore – Checklist

Use this before or during a conversation about rebuilding trust.

Before You Start

- ☐ Pick a quiet, low-stakes moment, not mid-fight and not while either of you is rushing out the door.
- ☐ Have one small, specific promise ready, not a vague commitment to "do better."
- ☐ Remind yourself she may show no reaction the first time, and that's normal.

What to Watch For

- ☐ Your own urge to explain every action instead of just doing it.
- ☐ Your own urge to ask "do you trust me yet" as a checkpoint.
- ☐ Her checking behavior, phone glances, repeated questions, as protection, not punishment.
- ☐ A harder week around any date tied to the original betrayal.

What to Say

- ☐ "I know I broke something between us. I'm not asking you to trust me right now, today."
- ☐ "Quick update before you have to ask: my plans changed, so I'm telling you now."
- ☐ "I missed that commitment. That's on me, and I wanted to tell you first."
- ☐ "Here's exactly where I was. You can check anything you want, anytime."
- ☐ "I'll be home by six. If anything changes, I'll text you the second I know."
- ☐ "You're right, that's still in the room. I'm not going to argue whether you get to bring it up."

What Not to Do

- ☐ Don't list your good behavior the moment she questions you.
- ☐ Don't push for physical closeness before she's ready.
- ☐ Don't reach for one big gesture instead of small repeated ones.
- ☐ Don't treat her caution as unfair or as punishment.

Repair Move

If the conversation goes badly, don't argue for her belief. Say: "I hear you. I'm still here." Then give her the space she's asking for without disappearing from the relationship. If you feel your own chest tighten, ask for twenty minutes, name the exact time you'll return, and come back at that time.

Success Check

- ☐ She answers a hard question from you without bracing first.
- ☐ She initiates a small moment of closeness without you asking for it.