



Can You Trust?



Kelly Armatage

Our resident Counsellor, Life Coach and Cognitive Behavioural Therapist explains that healing, acceptance and understanding of traumatic past events can help individuals to move on with their lives to gain one of the most important things in life, trust.

Are you the type of person who is laid-back, fairly trusting and goes with the flow, or are you a guarded, mistrusting

individual that has had a bitter experience that obstructs your life in the present?

Trust is the ability to have faith and confidence in someone or something and is an essential ingredient, in order to have a smooth and content life. Yet so many of us lack trust and are unable to connect with others deeply, due to the fear of mistreatment on some level. Even future situations are 'tainted' in advance, due to the loss of assurance that events will not work out as hoped.

Living without trust is painful and hurts the individual from deep inside the heart and soul. Their lives are guarded, self-sufficient and lacking in true commitment and love. Many people find it difficult to trust due to painful experiences from the past, maybe to do with a deep betrayal.

Let's look at the woman who has been cheated on regularly by boyfriends of her past. For her to be fully trusting, non-guarded and open after this experience would be unlikely. It is more probable that she is on red alert for the experience to be repeated. She will send off the signal to the universe of fear, lack of trust and a loss of confidence in being treated fairly, loyally and with respect by someone else. What results is yet another experience of heartbreak because she is not used to being treated

in this positive way.

However, it does not have to be this way. There are plenty of good, respectful people that will love you right. There are plenty of future situations that can work out as hoped for and having a lack of trust or fear in things hurting you can make you end up with what you began with, hurt and pain.

It is through the healing, acceptance and understanding of the past events that an individual can move on to trust again, and trust fully, with no expectation of any pain occurring.

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There are various steps an individual can take, in order to learn to trust again and live their life to their fullest potential.

- a)** Seek help via a therapist in order to understand, accept and ultimately heal past events of betrayal.
- b)** Understand and turn-around any deep down self-beliefs that are negative, such as 'I'm unlovable' or 'Life is a struggle'.
- c)** Look at ways of increasing self-esteem. Learn to trust, accept and love

yourself so you are able to trust, accept and love others.

d) Practise trusting in people treating you fairly. Practise trusting future events will work out as beneficial for all involved.

e) Learn any lessons from the past, and ensure these are not repeated going forward to the future.

f) Seek to establish relationships high in connection, love and respect. Give those that are honest a chance, try not to sabotage the relationship in advance.

There are many, many avenues that can be tried to ensure you can be a trusting, accepting and happier individual. You have this option or to continue the painful rut of leading a life lacking in confidence of anything good happening to you.

Sometimes people only trust, once trust has been earned by others this is also a way forward. However, this process can take years with pain and uncertainty in between. Know it is an

abundant universe, rich in love and amazing experiences. Reach out and grab those experiences and those loving people who will treat you right. The universe wants you to trust and feel safe and happy. Successful and loving lives are offered to all, the key is to be fearless and you can have it all ■

Kelly Armatage Inc - Offering Counselling, Life Coaching and Cognitive Behavioural Therapy. For enquiries, Tel. +973 3993 1399 or visit www.kellyarmatage.com