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Relationship Advice to Overcome Trust Issues by [Noah B Brown](#)

Article published on July 18th 2012 | [Relationship](#)

The onset of the electronics age has caused more and more couples to experience trust issues at least one time or another. It seems that people are always on their cell phones either talking, texting or updating their statuses on Facebook, Twitter or some other form of social media.

People can follow otherâ€™s every move and find out where theyâ€™ve been, what theyâ€™re doing and they plan to be later in the day. This might be a great way to keep in touch with friends who live far away but it opens a new can of worms for those who are committed to another person. By following these relationship tips, you can overcome any trust issues that you are experiencing due to the electronic revolution.

## Stop the Spying

There are a lot of people who are tempted to spy on their mates and forget about the fact that trust in a relationship is essential to its survival. You must forego any spying on your mate. This can be difficult for some people to do.

Relationship advice: A good way to keep your mind focused on trusting your mate is through the use of daily inspiration videos, quotes, and poems. Reading a daily motivational quote can help you to understand that trusting your partner is more important than spying on them.

## Consider the Facts

You really need to get to the root of why you have trust issues. It is important to figure out whether your partner has given you reason to think that are being unfaithful or if you are simply a jealous person. More often than not, it turns out to be that one of the people in the relationship has a jealous personality. You can read a daily inspiration to help you to overcome being jealous of your mateâ€™s friends and coworkers.

In the event that your suspicions are justified, you must have a discussion with your partner. Being open about why you feel that he or she is cheating is the best way to get through any trust issues. Of course, there is the possibility that your mate will be less than truthful but if you take the time to watch a daily inspiration video together, it could help them to see that you want to work on building a stronger bond and find trust in a relationship with them.

## Learning to Trust

Both people in a committed relationship need to be able to trust the other person. Being secretive can create tension as well as escalate trust problems. An important piece of relationship tip is to always communicate openly and honestly. You both should stop locking your cell phones and share as much of your lives with each other. Secrets are never a good idea unless you are planning a special surprise party or the like.

## Building Your Bond

Relationships need to be nurtured and grown if they are going to be lasting. Building trust in a relationship is a great start. Posting a daily inspiration in places that you both will read it will help keep you on the right track. You can also put a meaningful daily inspiration in your car, office or even the refrigerator. It doesnâ€™t matter where you place these helpful messages. All that matters is

that you take the time to read them and act on their messages. This will help you to grow a healthy and happy relationship without trust issues.

Article Source:

<http://www.articleside.com/relationship-articles/relationship-advice-to-overcome-trust-issues.htm> - Article Side

[Noah B Brown](#) - About Author:

Noah Brown is a freelance writer who writes extensively about a [marriage relationships](#) and the inspirational videos and motivational quotes which provide useful a [relationship advice](#) and relationship tips on love and relationships.

Article Keywords:

relationship advice, relationship tips, inspirational videos, motivational quote, marriage relationships, Love and relationships

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