Session 27: Rebuilding Trust in Small, Verifiable Steps

PHASE 3 — REBUILDING: RELATIONSHIPS AND LIFE (WEEKS 4–6) · WEEK 6 — A LIFE WORTH LIVING

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 27 handout (Trust Ledger) — in the Handouts Packet.

What we're learning

Trust is not a mood that comes back with time. Trust is a prediction: the people we harmed are deciding, from evidence, whether believing us is safe yet. We do not control their timeline. What we control is evidence — small, specific promises, kept on the record, again and again. This session builds a Trust Ledger for one relationship: three micro-commitments with proof, and a miss protocol — exactly what I will say, and within how many hours, the first time I miss.

- Small is not insulting — it is calibrated A person rebuilding from zero credibility who promises the moon teaches people to discount everything. A person who promises the 6 p.m. call and makes it thirty days running teaches arithmetic they can trust.
- Admit misses before they are discovered A self-reported miss, with the repair, builds more trust than a perfect streak later exposed as edited. Honesty speed is itself evidence.
- Their pace is not our punishment Some relationships will heal slowly, some partially, some not at all — and our recovery cannot be held hostage to any single verdict (Session 15's hope anchor applies here in full).
- Faithfulness counts even when a ledger stays closed Where a human ledger stays closed, the kept promise was still real, still counted, and still built the person we are becoming.

Goals for this session

☐ I can explain trust as a prediction other people make from evidence, rebuilt by kept micro-commitments

☐ I can build a Trust Ledger: one relationship, three small commitments, dates, evidence

☐ I can set expectations honestly — trust returns at the injured party's pace, not ours

Check-in

What is the smallest promise you have broken so often that people stopped believing even your small promises?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Pick one relationship: what is the current forecast people there hold of you — and is it, honestly, earned?

2. What three micro-commitments fit that relationship (small, dated, observable)?

3. How do you usually handle a miss — hide, confess fast, or over-apologize and under-change?

4. What will you do on the days their pace feels like rejection — who is in your corner for exactly that feeling?

Session 27 — Skill Practice

Trust Ledger build: participants choose one relationship and write three micro-commitments with frequency and evidence (kept-call log, arrival times, payment receipts, workbook ticks), plus their miss-protocol sentence: 'If I miss, I will tell _____ within _____ hours, in these words: _____.' Facilitator reviews ledgers for size — every commitment should be keepable in their worst normal week, not their best.

My Trust Ledger is the table below: one relationship, three micro-commitments, with frequency and evidence.

My miss protocol, in the words I will actually say: "If I miss, I will tell _____ within _____ hours, in these words: _____."

Relationship:

Micro-commitment	How often	Evidence I will keep

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Run the ledger for the next 21 days (it continues into your 90-day plan). Log every kept and missed commitment daily; use the miss protocol at the first miss, not the fifth. Bring the ledger to Session 30.

My log for the week:

Day / date	What happened — what I did	Notes

An optional Scripture handout for this session is available from your facilitator on request.

Phase 3 Check-In

Phase 3 — Rebuilding: Relationships and Life (Weeks 4–6)

You have started rebuilding what the war broke. Check the work. Keep what is solid. Repair what is not.

Do not grade the fight. Report it honestly — where you held, where you got hit, and what you need for the next round. Honest is how warriors do an after-action review.

Where I was when this phase began:

Where I am now:

The fight in this phase — where I held, and where I got hit:

What I still need:

My phase progress — honest self-check

Phase completion in this program means: I attended at least 8 of this phase's 9 sessions (or made them up with my facilitator), my phase product is complete, and I can state the phase's core skill in my own words. Sessions and homework from before a participant entered do not count as outstanding. The phase count runs from the sessions you attend after entry: attend at least 8 of 9 sessions in Phases 1–4, or at least 22 of 24 in Phase 5, counting attended sessions plus facilitator-assigned makeups (attending the session in a later rotation or completing the facilitator-assigned equivalent), with any remaining gap carried in a completion plan set with the Program Director — never exclusion.

- ☐ Session 19: Family Systems: The Roles We Played — attended ☐ / made up ☐
- ☐ Session 20: Boundaries: Where I End and You Begin — attended ☐ / made up ☐
- ☐ Session 21: Communication That Repairs Instead of Repeats — attended ☐ / made up ☐
- ☐ Session 22: Forgiving Others: Releasing What We Cannot Carry — attended ☐ / made up ☐
- ☐ Session 23: Making Amends: Preparation Before Contact — attended ☐ / made up ☐
- ☐ Session 24: Living Amends: The Apology People Can Verify — attended ☐ / made up ☐
- ☐ Session 25: Work and Purpose — attended ☐ / made up ☐
- ☐ Session 26: Money and Time in Early Recovery — attended ☐ / made up ☐
- ☐ Session 27: Rebuilding Trust in Small, Verifiable Steps — attended ☐ / made up ☐
- ☐ Phase product complete: My amends list reviewed with my coach/counselor, and one living amend underway (Sessions 23–24)

The core skill of this phase, in my own words:

Program wording: owning a harm honestly, preparing an amend with guidance, and living the amend out in daily behavior. Now say it your way:

One thing I am grateful for at the end of this phase:

One thing I am asking for help with in the next phase:

Phase 4 — Living Free: Prevention and Purpose (Weeks 6–8)

Staying free is the daily fight. You already know how to fight — now you fight forward, with a plan, a people, and a purpose.

