
TRUST IN RELATIONSHIPS.

Out of the Five Pillars that Define relationships and Marriage, One Pillar stands out as the most Complex of them all. That Pillar is trust. If I may list them in order, starting from what is perceived as “Easy” to the most challenging one, then my list would run this way:

1. Love
2. Communication.
3. Understanding.
4. Commitment.
5. Trust.

We will for a few weeks deal with TRUST.

What can we define Trust as?

Trust is a state Involving Confident-Positive-expectations about another’s Motives with respect to oneself in situations Involving Risks.

Based on that definition, some Key elements are coming forth which closely revolve around trust and I must dig into them to enable us encapsulate the meaning of Trust.

RISKS

Generally, it is difficult to define, expound and state emphatically that one has trust for another whether in Romantic relations or business without involving the word Risk. Each of us has what we call Perceived Risks as pertains our partner in relationship. I will explain this further as I know it may cloud your mind in an attempt to understand.

Perceived Risks are what you term as Behaviour, character disposition, thought or recurrent deeds that your partner gets entangled and involved with that pose a risk to your relationships. Perceived Risks differ from one personality to another. Because we are different, our perceived risks are equally different. As examples, these will give us a clue as to what I mean by perceived risks:

- Staying out late.
- Meeting or chatting with old flames.
- Retaining relations with friends deemed to have questionable Character dispositions
- Making abrupt and unplanned visits to one’s immediate family relations; visits that may last days or weeks.
- Un-explained Silence.
- Hanging around environments that pose a potential Gamble to one’s weaknesses eg Drunkeness and Drugs being ones areas of Struggle, being near pubs can pose a relational risk to another’s partner. Sliding back to old habits!

It is important for all of us as individuals that before we venture deep into relationships, we should put pen to paper and list out all Personal perceived Risks. This is because, pressure, tension and anxiety builds up in relationships along lines of Perceived Risks. When a risk is constantly being overstretched, over-used and not well defined, trust levels become thinly spread and the relationship loses its Foundational Bricks and Grounds and thus slowly cracks begin to appear.
Closely related to risks are what we call Fears that border around every relationship:

- Fear of Divorce/ Fear of being Alone.
- Fear of One Cheating/ or cheating on each other.
- Fear of Emulating your Parents/guardians Marriage.
- Fear of falling out of Love.
- Fear of the Un-known (what will marriage be like? Will things change in the Hse?)

The scriptures states in 1st John 4:18 “There is no fear in Love; Perfect Love casts out fear; Fear has torment” Meaning that wherever there is fear, there is the expectation or anticipation of Punishment. Perfect Love is the best antidote to Fear.

Once you have put Pen to paper all your perceived Risks, explain the same to your partner; however silly and absurd it may look. Then begin to work on them, one layer at a time. Allow Risks to be stretched a little here and there.

One of the reasons that I am going deep into Perceived Risks as an element that affects trust is because TRUST EVOLVES OVER TIME.

As a general Rule and Observation, Trust is a core Issue at the beginning of a business relationship, but a secondary concern at the start of a Romantic relationship. This is because in Romantic Relationships, People move from an initial state of wonder to Evaluation and Finally, accommodation. Trust evolves at each of these stages. It takes root as the Parties develop and take risks. It solidifies as the relationship matures and the Couple takes a “Leap of Faith”.

One component of Trust that is un-avoidable as pertains to Risks is this:

There must be a beneficial and Harmful results Possible. When we ‘risk’ trusting we are hoping for a potentially beneficial outcome over the possibility of a harmful result. If you tell a friend a secret, the hope is that you can trust your friend to keep the secret rather than to reveal it. If you form a business partnership or marry there is the possibility of beneficial or harmful results.

Generally, for a relationship to be called sound and moving towards Solidity, the potential loss of the relationship must not out-weigh the gains created and built over time.

There must be Monitoring and Reporting between parties. Individuals need to have enough Information and Understanding about another person to predict that Person’s behaviour. Accurate prediction depends on understanding, which develops from repeated interactions, communications and the other building blocks of the Pillars of relationships.

Jeremiah 17 offers a little paradox and polemic situation based on what we have laid down today. “Cursed is the Man who trust in another Man.” A quick thought that balances this out: In Relationships, build Trust in A Man from God, not just a Man!

To be continued. Blessings. By Teacher Sammy Nyanjom.