

Trust: A Trauma-Informed & Embodied Guide

What Trust Is (and Is Not)

Trust is not blind faith or forced vulnerability.

Trust is a *relational and embodied process* that develops when safety, consistency, and care are experienced over time.

Trust includes:

- Safety before surrender
- Discernment, not naïveté
- Relationship, not performance
- Repair, not perfection

Why Trust Feels So Hard

Many people struggle with trust not because they lack faith or desire, but because their **nervous systems learned that trust led to harm.**

Common trust wounds:

- Betrayal or inconsistency in relationships
- Abuse of power (relational or spiritual)
- Chronic stress, trauma, or neglect

Distrust is often *protection learned through pain*, not failure.

Trust Begins With Safety

Trust cannot be rushed, demanded, or shamed into existence.

Both Scripture and trauma science agree:

- **Safety comes first**
- **Trust follows**

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God presents Himself as refuge and shelter before asking for surrender. Human trust grows through steadiness, boundaries, and repair.

Trust Is Embodied

Trust is not only something we believe — it is something we *feel*.

When trust is present, the body often experiences:

- Slower breath
- Less muscle tension
- Reduced hypervigilance
- Permission to rest and exhale

Trust often feels **quiet**, not dramatic.

What Trust Feels Like

Trust may feel like:

- Calm steadiness
- Emotional spaciousness
- Freedom to say no
- Being met, not managed

If something feels pressured, anxious, or urgent, it may be **compliance**, not trust.

When Trust Has Been Broken

Scripture openly names betrayal and wounded trust.

Broken trust:

- Injures the heart
- Dysregulates the nervous system
- Changes how safety is assessed

Healing begins with **validation before restoration**.

Trust Grows Through Repair

Trust is rebuilt through:

- Naming harm honestly
- Taking responsibility
- Allowing time
- Rebuilding consistency

God models trust repair through mercy, patience, and steadfast love.

Trust Requires Discernment

Biblical trust includes wisdom and boundaries.

Discernment means:

- Listening to internal cues
- Honoring limits
- Watching patterns, not promises

Discernment protects trust — it does not oppose it.

If You've Never Learned Trust

Trust **can be learned** at any stage of life.

Learning trust may start very small:

- One safe relationship
- One consistent space
- One embodied moment of calm

Slow trust is still real trust.

Reflection

You might gently ask:

- Where does my body feel safest?
- Who has shown consistency over time?
- What helps me exhale?

Trust grows where safety, patience, and love remain.

