

# MARRIAGE BUILT ON TRUST

Boundaries sound limiting - but they create space for freedom

## DO PEOPLE REALLY HAVE BOUNDARIES?

Yes - 79% of marriages have common boundaries regarding relationships with people of the opposite sex.



3 out of 4 marriages who do NOT have shared boundaries think that they should

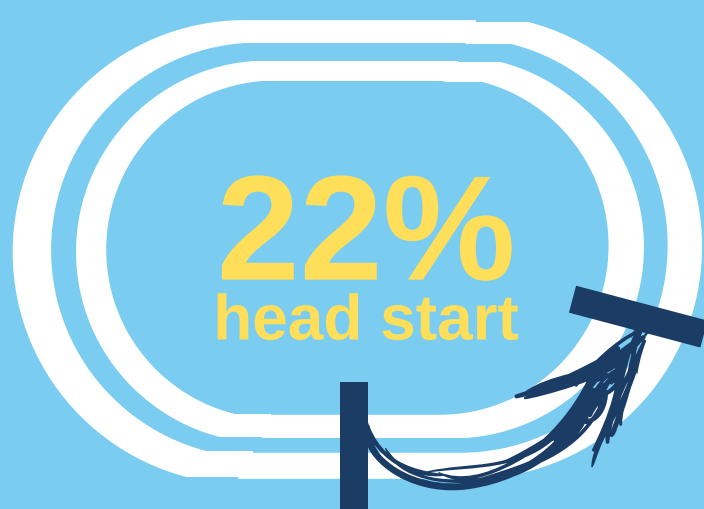


## JUST TRUST ME

Most husbands think their wives are as trustworthy as they are. However, wives trust their husbands significantly less.

## UPPING THE TRUST FACTOR

Most couples who struggle with trust in their marriage don't have shared boundaries with people of the opposite sex. But people who do form boundaries trust their spouse 22% more than those who don't.



told told told  
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## KISS AND TELL?

Boundaries are crucial to a foundation of trust in marriage. But when a boundary is crossed, do you share with your spouse? Men are more likely than women to cross a boundary (35% confessed to us), but most of them did not tell their wives.

EPISODE 433: SETTING UP GUARDRAILS  
RESOURCES ON TRUST AT OUR STORE

5 Powerfully Simple  
Ways to Rebuild Trust

FIND MORE RESOURCES ON THE PODCAST OR BY FOLLOWING US ON SOCIAL MEDIA.

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