

THE COURAGE TO TRUST

A Guide to Building Deep and Lasting Relationships

By Cynthia Wall, LCSW

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FOR IMMEDIATE RELEASE

ONCE BITTEN, TWICE SHY?

Reestablishing the ability to trust after abuse, betrayal, or loss

Sometimes the scars left by a traumatic event are not visible to eye, but can affect a person's ability to return to "life as usual." For these people simple gestures of tenderness and trust can seem foreign and unattainable. As therapist Cynthia Wall puts it, "If the world seems filled with potential dangers, you will be tempted to limit how vulnerable you dare to be."

In her new book, *The Courage to Trust*, Wall shows readers:

- how to rebuild damaged patterns of trust that have been affected by traumatic or negative experiences
- how to gain self-trust
- how to develop strong instinct about who to trust
- how to cultivate strong relationships with others based on mutual trust, respect, and self-confidence

Wall introduces the model of the Three Core Selves (The Adult, The Child, and The Protector) to help the reader understand subconscious roles that have been defined by past experiences. She then guides readers as they assess the activities and assumptions of their Core Selves and relate them to their patterns of trust or distrust. Once they understand how their trust patterns work, and where their lack of trust comes from, readers will be able to form new patterns of trust.

"In *The Courage To Trust*, Cynthia Wall helps us to discover the genuine source of much of our pain and the pain in our relationships and offers us simple, powerful ways to begin to heal it. This wise and beautifully written book is a blessing for every friend, every parent, every lover and every human being."

—**Rachel Naomi Remen, M.D.**
Author, *Kitchen Table Wisdom & My Grandfather's Blessings*

"The ability to trust provides the bedrock for emotional security and peace of mind. Being trustworthy is the foundation of personal integrity. Why is such an essential quality often so difficult to find and so easy to lose? Thankfully, within the pages of *The Courage to Trust*, author Cynthia Wall gives readers sound answers to that question."

—**Sue Patton Thoele**, author of
The Courage to Be Yourself and *Growing Hope*

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ABOUT THE AUTHOR



Cynthia Wall, LCSW, has been a psychotherapist for over twenty-five years and has presented seminars and workshops on personal growth for twenty years. Ms. Wall has a private psychotherapy practice in California, where she specializes in post-traumatic stress disorders, bereavement counseling, and couple issues. Additional information can be found on her website: www.thecouragetotrust.com

SUGGESTED INTERVIEW QUESTIONS

- Please explain the concept of the Three Core Selves and how they relate to trust issues.
- Would you care to explain the title of your book — how is the simple act of trusting someone courageous?
- Are you saying that all betrayals, whether big or small, have the same effect on the one betrayed?
- In one of the chapters you talk about self-betrayal: why and how would someone betray himself?
- What do you hope someone who reads *The Courage to Trust* will learn about his or her self? What is the biggest lesson that the book teaches?

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EXCERPT FROM *COURAGE TO TRUST*

IS IT EVER TOO LATE TO LEARN TO TRUST?

Do you worry that painful experiences you had as a child can limit your ability to trust as a grown-up? Take heart. Children don't have the life experience to teach them that trust is more than a feeling that comes and goes under the control of other people. You have to be an adult before you can learn how to trust. Some people stay stuck in unhealthy patterns they learned as children, not knowing they can redesign the way they respond in difficult situations. You can learn to trust wisely.

This book offers information to build your self-confidence and help you to overcome your barriers to trust and intimacy. Each chapter addresses key issues about trust, intimacy, and betrayal. You'll begin by assessing your ability to trust yourself and others. As you move through the book, you'll gain specific information, and find exercises that help you do the following things:

- Increase your trust in yourself and your faith in a positive future.
- Identify your three core selves—the Child, the Protector, and the Adult—and their needs.
- Create intimacy by increasing mutual trust and understanding.
- Recognize when you overreact to felt betrayals and limit their power to undermine your self-worth.
- Acknowledge how you can betray others and how to undo the damage.
- End the cycle of self-betrayal that undermines the confidence to ask for what you want.
- Speak with compassionate honesty about the hurts you want to heal with another.
- Recognize when a relationship has too little trust and how to assess if it's time to go.
- Nurture the qualities that increase your own trustworthiness.

To trust is a choice you can make, and it is based on skills you can learn. Increasing your ability to trust is possible at any age, regardless of childhood history. The only way to increase your confidence is to practice certain skills and do whatever it takes to achieve the level of trust and intimacy you want. We all need courage to trust.

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