

Trust Termites

Like termites these actions can erode your relationship over time. They may seem small and insignificant by themselves but the accumulation can be deadly. They become the straw that breaks the camel's back. The relationship becomes strained to the point of breaking and it is usually too late to do anything. They can cause your partner to question your love for them. These termites are not gender-specific. Both spouses can be victim and perpetrator of them.

The first step in combating these trust termites, is to become aware of them. Are trust termites eroding your relationship? Here are 22:



1. Embarrassing your spouse publicly or in front of the children
2. Calling your spouse names
3. **Keeping quiet for peace sake** (thus allowing trust termites to go on doing their job)
4. Inflicting physical or emotional abuse
5. Questioning/ Belittling your spouse's intelligence or spiritual maturity ("Yuh dotish ah what?")
6. Making threats of separation or divorce
7. Leaving conflicts unresolved or making your point and preventing your spouse from making theirs by ending the conversation abruptly
8. Refusing to speak or listen to spouse (condemning them to emotional exile)
9. Refusing to defend your spouse against **unjustified** attacks and criticisms from relatives/ friends
10. Resurfacing previous mistakes to make your case against your partner
11. Taking a different course of action to the one mutually agreed
12. Making unilateral decisions that affect your spouse
13. Keeping secrets from your spouse viz. seeing previous love interests, finances
14. Finding excessive fault with your spouse's appearance or efforts (especially when they are unable to do anything about it or have put in significant effort)
15. Criticising your spouse by comparing them to others
16. Complimenting others more than your spouse/ or criticising your spouse while at the same time complimenting others
17. Giving others the same privileges or access that only spouses should have
18. **Giving others time at the expense of your spouse**
19. Continuing with an action even when your spouse expresses their discomfort or dislike for it
20. Sharing intimate issues about your spouse or yourself with the opposite sex
21. Withholding sex or emotional intimacy from your spouse to get what you want
22. Refusing to acknowledge your mistakes



Need help exterminating trust termites?

Call 645-4802

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