

Trust vs. Faith in Relationships and in Life

By Dr. Cindy Brown, "The Business & Relationship Strategist."

Do you trust me? This is a common question we ask of our partners and/or friends as a test of the solidness of our relationships. However this is all a sham, lie and fantasy we are taught and grow up with.

I teach the individuals and couples I work with in my counseling and coaching practice not to trust anybody but yourself and God.

Why do I teach this? Because the truth is, you can't really control anyone else's behavior but your own. So it's best to work on trusting yourself first; that you can handle anything anyone does (or doesn't do) and then just have "faith" other people will do what they say they will do, this helps you to avoid constant disappointment, frustration and judgment of others that they don't meet your expectations.

I help people develop Self Trust and God Trust. One way to begin this process is to start getting to know yourself from the inside-out, begin with self-awareness, really seeing and understanding your behavior and actions. Many times people need a coach to help them develop this. I am here to help you with this process.

Remember: In order to be the person you have never been, In order to have the **Life and Relationships you have never had, You must do what you have never done before: **Give me a call 310-202-1610 or contact me so I can support you in having the best life you've ever had!****

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