

# Trust Beyond the Mirror: 12-Week Trust Exercise Program

Follow one activity each week. The program is divided into three phases to gradually build trust, communication, and emotional support.

## Phase 1: Safety (Weeks 1–4)

Week	Exercise	Instructions
Week 1	Weekly Check-In	Share one good moment, one challenge, and one goal.
Week 2	Perspective Swap	Explain daily stress and repeat what you heard.
Week 3	Trust Jar	Write worries and discuss them at week's end.
Week 4	Appreciation Exchange	Share three things you appreciate.

## Phase 2: Dialogue (Weeks 5–8)

Week	Exercise	Instructions
Week 5	Device-Free Meal	Eat together with no phones and talk.
Week 6	Goal Setting	Set one personal and one family goal.
Week 7	Memory Sharing	Share a meaningful memory and why it matters.
Week 8	Stress Talk	Discuss stress and ways to support each other.

## Phase 3: Resilience (Weeks 9–12)

Week	Exercise	Instructions
Week 9	Encouragement Notes	Write and exchange positive notes.
Week 10	Problem Solving	Work together to solve a small issue.
Week 11	Future Plans	Talk about goals and dreams.

Week 12

Reflection

Discuss what improved and what was learned.