

S-U-P-P-O-R-T Model

Rebuilding Trust & Responding to Partner Triggers

By Stephanie Carnes — see her book [*Courageous Love*](#)

Compiled by [The Marital Intimacy Institute](#)

This S-U-P-P-O-R-T Model shows you how to respond to your partner in a healthy way especially when dealing with a partner's triggers around betrayal. By responding in this manner you can rebuild trust and begin to heal your relationship. Even just doing the first two steps can make all the difference in your marriage!

S

Stop and give him/ her your undivided attention.

U

Understand where they are coming from (Listen)

P

Provide Empathy (“That must feel awful.”)

P

Provide Validation (“It makes sense that you feel that way.”)

O

Openness (Be open and honest if they have any questions.)

R

Remorse (Demonstrate remorse and take accountability.)

T

Touch (Provide physical comfort if partner is open to it.)