



Trust Issues: Manage the Anxiety, Insecurity and Jealousy in Your Relationship, With 10 Simple Steps - 4th Edition

Jessica Riley

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*****4TH EDITION*****

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Are you tired of failed romantic relationships and friendships? Have your previous partners told you that you are “too possessive” or “jealous”? Do you feel yourself burn with jealousy when you see your partner talking with some attractive acquaintance? Do you go through your partner’s things or demand detailed explanations of where they have been?

Most people know this isn't the foundation for successful relationships, and they would like to stop reacting this way, but how? Author Jessica Riley outlines a 10-step plan for overcoming these hang-ups in her new e-book *Trust Issues*.

Riley pulls no punches here - she gets straight to the heart of the problem from the first chapter. She addresses right from the start your thinking process, which is leading you to exhibit your possessive behavior.

However, Riley is careful to explain the difference between our thinking and our actions. If that sounds too obvious, remember that your goal is to decrease the actions you're taking that are toxic to your relationships

(the thoughts you are having may not feel good, but the problems with your partner don't start until you start acting on those thoughts).

Trust Issues begins with some questions for the reader's personal reflection, so you may want to have your journal handy as you read. These questions will start you on your journey to improved relationships with some knowledge about yourself.

Armed with the answers to these questions, you can move into Riley's chapter on why you have difficulties believing what you're partner is saying to you. This will be a huge chapter for you if you're struggling with over-possessiveness, because your partners statements ("I'm working late tonight," or "That was my mom on the phone,"), are often the flash-points for conflict. If you want to see instantaneous improvement in your relationship, follow every word of this chapter, and you will have it!

But Trust Issues is not a band-aid solution: Riley takes you into the dangerous process of comparison with others - an almost universal issue for those that suffer from repeated bouts of jealousy. She offers a brilliant strategy for handling it, too, which is yet another takeaway from Trust Issues.

Many of you will get to Riley's chapter entitled "Be Prepared to Lose Your Partner" and think, What?? No, that's not what I want! But do not despair. In this chapter, you are about to learn one of the most valuable secrets of human relationships there is!

Riley also includes a chapter on how to recoup from losing your cool when you see with your eyes behavior in your partner that you do not like and is setting your jealousy meter in the red zone (and that's when the real crises happen). She clearly outlines what to do, and just as importantly, what not to do.

Do you often imagine your partner cheating? Riley's book has you covered there too, with an entire chapter devoted to getting your often fictional thoughts under control. Wouldn't you rather think about something else anyway?

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