

Celebrity News: Source Says Beyonce Struggled to Trust Jay-Z After Cheating Scandal



By [Jessica Gomez](#)

Couples therapy and their daughter Blue Ivy are the reasons why [Beyoncé](#) was able to remain in her nine year marriage with [Jay-Z](#), a source told [People.com](#). Queen B struggled to trust her husband again after his infidelity, like many of us would. "It took Beyoncé a long time to trust again. She was struggling to move on and forgive. But keeping her family together was very important," the source said. The [celebrity couple](#) are now back to a happy marriage, according to the source, making [celebrity news](#) and relationship goals.

This celebrity news isn't surprising, given that cheating is a violation of trust. What are some ways to regain lost trust in a relationship?

Cupid's Advice:

Once trust is lost, it's hard to get it back. But it's possible. Cupid has some [love advice](#):

1. It takes two of you to rebuild trust: Both the person who is forgiving the other and the one that is working to mend the trust they broke have to work on it. You both have to meet each other half way to rebuild what was lost. And remember, Rome was not built in a day.

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2. Be honest with one another from here on out: Honesty is always key to making a relationship work. A way of proving yourself to one another is to not lie. If one partner or both partners continue to lie to one another, it will not work, and the path to rebuilding the trust will get much more difficult. Be truthful and be open. Communication is key.

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3. Can you forgive? Can you prove yourself?: Lots of thinking and evaluating needs to happen! Before trying to rebuild the trust in a relationship, you both need to ask yourselves something: Can I forgive him or her? Can I prove my loyalty again after violating his/her trust? If the answers to these questions are yes, then let the mending begin. If not,

it's time to let go.

Usually there is that moment when we realize that we trust the other person again or that we've gained their trust back, what was that moment for you? Comment below!