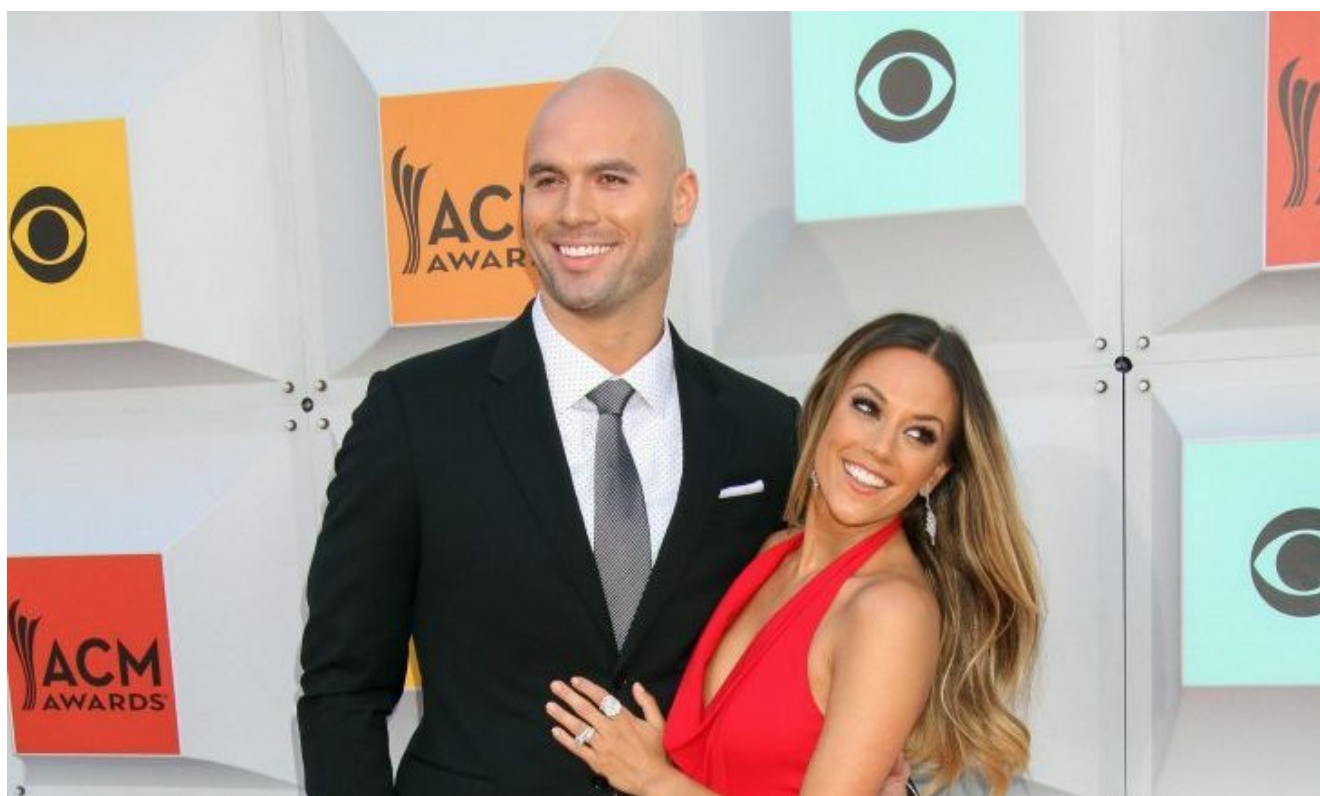


Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again



By Carly Silva

In the [latest celebrity news](#), Jana Kramer opened up about a recent direct message she received on Instagram, alleging that her husband, Mike Caussin cheated again. The [celebrity couple](#), who tied the knot back in 2015 and share two children together, and have dealt with infidelity before, after Caussin cheated in 2016. According to *UsMagazine.com*, Kramer admitted that she did freak out over the direct message, and she has a hard time trusting her husband.

In celebrity news, Jana Kramer says she doesn't trust husband Mike after multiple cheating rumors. What are some ways to rebuild trust in a relationship?

Cupid's Advice:

Although infidelity is oftentimes a deal-breaker, it is possible to work through the problem and regain trust. If you're trying to rebuild trust in your relationship, Cupid has some advice for you:

1. Be willing to put the work in: Working through rebuilding trust will be a difficult journey, so make sure you're up for the task. Be honest with yourself if this is something you can work through and commit to it. Expect that it may be a long road, but it will be worth it in the end.

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2. Ask for what you need: When you're trying to rebuild trust, it's important to make sure you're honest about what you need. Set the boundaries that make you comfortable and make it clear what you expect in your relationship. This will make it easier for your partner to strive to give you what you need in the future.

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3. Focus on the future rather than the past: One thing that will always make rebuilding trust difficult is reliving the past. If you make the decision to forgive your partner and move on, it's best to stick to that. Avoid bringing up the

past and rehashing old problems. Instead, focus on the future and what you and your partner can do to better your relationship from now on.

**What are some other ways to rebuild trust in a relationship?
Start a conversation in the comments down below!**