



Exploring Honesty with Others

Congratulations! You've become more honest with yourself. That's a huge step.

You may have noticed that **when you're honest with yourself about a situation or relationship that doesn't align for you, you feel pain and discomfort**. It's not that you're in *more* pain, it's that you've become conscious of the pain and discomfort you were already in, and had been in for quite some time.

The way to relieve the pain is to come into alignment with your truth.

Often, this means having a difficult conversation with someone. The discomfort and pain of doing that can feel intense. Let's say that on a 100-point scale, that conversation feels like a 65. Why would you do that? Why not keep tolerating the 20-point pain you're having now. That's less than a third as much pain and discomfort as the conversation. Think of this, though. When you multiply that 20 by every day you experience it, it quickly outweighs the pain of the conversation.

Being honest with others builds your inner strength. You have more confidence. You trust yourself more and feel more solid on your own feet. Plus, there's a tremendous sense of freedom that comes from expressing your truth and no longer holding yourself back.

Sharing your truth can feel extremely vulnerable. Remember that you're not obligated to share your truth with anyone who doesn't feel safe to you. There may be situations where your most aligned action is to move on from that situation without more conversation.

When you *do* choose to share your truth, it usually creates new possibilities in your relationship because of the deeper level of authenticity and sharing. Just remember that you are not responsible for the other person's response to your truth. You don't cause their feelings. At the same time, being in relationship means that you stay connected and present with the impact of your sharing. That means you stay with the other person's reaction to what you shared.

As with most things, clearing out our S.T.U.F.F. makes having difficult conversations and sharing our truth easier – maybe not easy, but way easier. So let's get to it.

When are you most likely to be honest with others?

When are you least likely to be honest with others?

What fears come up with you think about being honest in the most challenging times?

What will you gain from being more honest with others?

What will you lose from being more honest with others?

What is your commitment about this?
