

TELLING THE TRUTH

TRUTH TELLING:

1. **ASSISTS THE HEALING PROCESS – IT PREVENTS MY STORING MY OWN ISSUES IN MY SUBCONSCIOUS OR PURPOSELY HIDING THEM FROM OTHERS.**

I MUST OBSERVE ANY BLOCKS I HAVE TO TELLING THE TRUTH OR TO OPEN MY HEART. HOW OPEN AM I WITH GIVING AND RECEIVING LOVE?

2. **MY COMMUNICATING WHAT'S SO, WHAT'S DIFFICULT OR DIFFERENT, WITHOUT BLAME, SHAME OR JUDGEMENT BUILDS INNER AND OUTER TRUTH.**

ELIMINATE "YOU", "BECAUSE YOU" AND "WHEN YOU" IN COMMUNICATION. BLAME, JUDGMENT AND ATTACK COME AFTER THOSE WORDS. OTHERWISE I LOSE THE TRUST OF OTHERS AND ABANDON MY OWN RESPONSIBILITY IN THE MATTER.

EXAMPLE OF A HEALTHY WAY TO EXPRESS MY TRUTH TO ANOTHER:

"I'M VERY CONFLICTED ABOUT OUR RELATIONSHIP AND CONFUSED ABOUT WHAT I WANT. I FIND MYSELF GOING BACK AND FORTH, BEING UNCLEAR AND DIFFICULT TO UNDERSTAND. WHAT I AM EXPERIENCING FOR MYSELF IS THAT I FEEL NEGLECTED, AVOIDED, NEUTRALIZED AND ALONE, AND PLACED ON THE BACK BURNER OF OUR RELATIONSHIP. I NEED US TO TALK ABOUT THESE ISSUES AND SEE IF WE CAN FIND A HEALTHY SOLUTION FOR US BOTH."

3. **EDUCATES PEOPLE ABOUT MY REALITY. TELLING THE TRUTH IS MY GREATEST ACT OF COURAGE AND STRENGTHENS MY ABILITY TO STAND BY WHAT HAS HEART AND MEANING FOR ME.**
4. **ITS ARROGANCE WHEN I INSIST I DON'T WANT TO TELL THE TRUTH BECAUSE I DON'T WANT TO HURT SOMEONE. WHAT'S TRUE IS, I DON'T WANT TO DEAL WITH THE CONSEQUENCES OR REACTION OF THE PERSON I'M ADDRESSING.**

WHEN I COLLUDE TO ARROGANCE, PRIDE OR FEAR WITH OTHERS, I AM COLLUDING WITH MY PARTNER.

5. **WHENEVER I WON'T TELL THE TRUTH, I MOVE INTO SELF-ABANDONMENT AND I LOSE MY SELF-RESPECT AND DAMAGE MY CHARACTER.**

I MUST ASK MYSELF, WITH WHICH PEOPLE I HAVE THE MOST DIFFICULT TIME BEING TRUTHFUL?

6. **THE TRUTH ELECTRIFIES AND OPENS THE DOOR TO EXPLORATION, GROWTH AND HEALTHY SOLUTIONS.**

