

TO BE HONEST

This means:

To admit the hard things about yourself.

To be clear about hard things others must hear.

To not mislead anyone.

To abandon false fronts and false pride.

To be clear about your intent.

To tell the truth.

To not hide from difficult moments.

To give up being “nice” all the time.

To state your needs and wants without shame.

To not cover or lie for anyone.

The truth, in fact makes you free.

Reference: *The Betrayal Bond* -by Patrick Carnes