



DISHONESTY to RADICAL HONESTY



From Hiding to Healing

Dishonesty—whether with others or ourselves—can create distance, stress, and disconnection. Radical honesty is the practice of being completely truthful with ourselves and others, even when it's uncomfortable, in order to build trust, integrity, and real connection.



WHAT IS DISHONESTY?



Dishonesty is when we say, do, or fail to say what is true. It can show up as lies, half-truths, exaggerations, omissions, pretending, or avoiding the truth to protect ourselves.

WHAT IS RADICAL HONESTY?



Radical honesty means speaking and living in truth with courage, compassion, and responsibility. It honors your values, respects others, and creates freedom.



WHAT HAS DISHONESTY COST YOU?

Reflect on ways dishonesty—big or small—has impacted your life. Be honest with yourself.

- In my relationships: _____
- In my mental and emotional health: _____
- In my self-esteem and self-respect: _____
- In my goals, opportunities, or personal growth: _____
- In my peace of mind / energy: _____
- Other ways it has cost me: _____



The truth may be uncomfortable, but it is the first step toward freedom and healing.



WHAT WOULD RADICAL HONESTY LOOK LIKE?

How would your life, relationships, and choices change if you chose radical honesty? Be specific.

- In my relationships: _____
- In my mental and emotional health: _____
- In my self-esteem and self-respect: _____
- In my goals, opportunities, or personal growth: _____
- In my peace of mind / energy: _____
- Other ways it can support me: _____



Radical honesty opens the door to trust, connection, and a life aligned with your values.



REPARATIONS: MAKING THINGS RIGHT

Reparations are intentional actions taken to acknowledge harm, take responsibility, and repair trust. They may not erase the past, but they can help restore connection and integrity.

WHERE I WAS DISHONEST (To myself or others)	HOW I CAUSED HARM (Impact on myself or others)	WHAT I WILL DO TO REPAIR (Apology, changed behavior, making amends, etc.)	WHAT I NEED TO DO DIFFERENTLY MOVING FORWARD (New boundaries, honesty practices, etc.)
1.			
2.			
3.			

REFLECTION QUESTIONS



1. What patterns of dishonesty do I notice in my life?

2. What am I afraid would happen if I always told the truth? _____
3. How can I offer myself compassion as I practice being more honest?

4. What is one truth I'm ready to start living, even if it's hard?

MY COMMITMENT TO RADICAL HONESTY



I choose to live in truth with myself and others.

My commitment this week:

One small step I will take today: _____

Signature: _____ Date: _____



I choose truth over approval.



I choose courage over comfort.



I choose radical honesty.

