

When I am honest with myself and others, I create trust, freedom, and connection.



# RADICAL HONESTY

## Truth with Compassion

Honesty is not about being harsh. It's about being real, respectful, and responsible.

### WHAT IS RADICAL HONESTY?


Radical honesty means being truthful with yourself and others—even when it's uncomfortable—while remaining kind, respectful, and mindful of the impact of your words. It's about saying what is real, not what is easy.

### WHY DOES IT MATTER?

- Builds trust in relationships
- Reduces misunderstandings and resentment
- Creates deeper connection and authenticity
- Empowers you to show up as your true self
- Supports personal growth and integrity

### DEFINITION

Radical honesty is the practice of expressing your thoughts, feelings, and needs openly and truthfully, while taking full responsibility for your experience and respecting the dignity of others.



### EXAMPLES OF RADICAL HONESTY

SITUATION	LESS HONEST RESPONSE (What we might usually say or do)	RADICAL HONEST RESPONSE (Truthful, kind, and respectful)	WHY IT MATTERS
<b>Feeling Overwhelmed</b> 	"I'm fine." or Overcommitting to avoid disappointing others.	"I'm feeling overwhelmed right now and need to simplify my plate."	Sets a boundary, prevents burnout, invites support.
<b>Disagreeing with Someone</b> 	"That's fine." or Staying silent to avoid conflict.	"I see things differently. Here's my perspective..."	Encourages open dialogue and mutual respect.
<b>Receiving a Gift You Don't Like</b> 	"I love it!" (When it's not true)	"Thank you for thinking of me. It's not really my style, but I appreciate the thought."	Honors the relationship without dishonesty or hurt feelings.
<b>Needing Something in a Relationship</b> 	Hoping they "just know" or feeling resentful.	"I need more quality time with you. Can we plan a regular date night?"	Clear communication builds connection and meets real needs.
<b>Owning a Mistake</b> 	Making excuses or blaming others.	"I made a mistake. I'm sorry. Here's what I'll do differently."	Builds trust, accountability, and personal growth.

### REFLECTION QUESTIONS

- When is it hardest for me to be radically honest?  
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- What fears come up when I choose honesty?  
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- How does radical honesty benefit me and my relationships?  
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- How can I practice more honesty with compassion this week?  
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### MY COMMITMENT

One way I will practice radical honesty this week:  
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I will approach honesty with:  
 Kindness     Respect     Courage     Responsibility

A reminder for me:  
\_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_


 I choose truth. I choose respect. I choose connection. I choose radical honesty.
 