



**GOOD LIFE RECOVERY**

**The Importance of Honesty in Recovery**

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**What is Honesty?**

**Websters:**

- ❖ the quality or fact of being honest, uprightness and fairness.
- ❖ truthfulness, sincerity or frankness.
- ❖ freedom from deceit or fraud.



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**A Central Tennent of Recovery**

It is well documented that lying, cheating, sneaking around are all part and parcel of the addictive condition.

Many children who grow up with alcoholism learn to lie when it would be just as easy to tell the truth.

Dishonesty becomes 'a way of life', and until we become conscious of our own subtle (and not so subtle) habits, we will limit our recovery.



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**Types of Honesty**

- 1. Cash register honesty**
  - the actual taking of things that do not belong to us; taking what is not owed to us, whether materially or otherwise.
- 2. Telling the truth**
  - Just how and when we tell the truth – or keep silent - can often reveal the difference between genuine integrity and none at all.
- 3. Emotional honesty**
  - the deception of others in almost always rooted in the deception of ourselves.



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**Honesty is so Important that even ...**

**'...those who suffer from grave emotional & mental disorders, can recover if they have the capacity to be honest.'**

Alcoholics Anonymous, pg. 99



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**The Truth About Lies**

- ❖ Everybody lies sometimes.
- ❖ 60 % of people you meet will tell you 2-3 lies in the first 10 minutes.
- ❖ Research has even shown that babies as young as 6 months old will “fake cry” to get attention.

**What was the last lie that you told?**



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### The Main Reasons Why People Lie

- ❖ **Honesty is hard** (if we look at the Ashley Madison hack, and the horrific consequences that ensued, those men would rather cheat than be honest with their wives about what they were feeling)
- ❖ **We want to look good**
- ❖ **We don't want to hurt/disappoint someone**
- ❖ **The truth will create conflict and may risk a relationship**
- ❖ **We feel ashamed or stupid**



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### Four Main Types of Lies

- 1. Loving Lies**
  - the things you tell friends, family and coworkers that are harmless but make them feel good.
- 2. Conflict Avoidant Lies**
  - lies you tell others as a way to avoid facing differences of opinions or difficult feelings.
- 3. Passive Aggressive Lies**
  - saying things that indirectly express your anger/hostility towards another person.
- 4. Felony Lies**
  - the worst kind of lies; these target the other person and are intended to make them feel crazy.



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### The Lie Invitee

This is a unique concept that was developed by Dr. Ellyn Bader & Dr. Pete Pearson and it's not something that we really think about.

We are taught to think about victims and perpetrators, but often a partner of the liar is operating behind the scenes, orchestrating deception.

They are people who won't listen to the truth and often their development is so young, they can't do it any other way.



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**Truth Telling Involves**

- ❖ **Introspection** – what is my truth?
- ❖ **Self Reflection** – Reveal who I am.
- ❖ **Trial & Error** – Try different things.
- ❖ **Following Guidelines** – (what you will say and what you won't – no attacks, blame, brutalizing.)



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**Truth Listening Involves**

- ❖ **Courage** (because there are times you won't want to hear it, but it matters to the other person)
- ❖ **Asking High Caliber Questions**
- ❖ **Managing Complexity**
- ❖ **Take in the Truth**



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**Confronting and Building Your Capacity for Honesty**

1. Find one person you can Trust to tell everything to.
2. Resolve to be rid of any and all secret-keeping.
3. Do a thorough inventory on yourself.
4. Make direct amends to anyone you have stolen from or lied to, provided it will not cause further harm.

"sometimes we need to place love ahead of indiscriminate 'factual honesty.' We cannot, under the guise of 'perfect honesty', cruelly and unnecessarily hurt others."



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**Forgiveness and Humility help the process**

- ❖ Forgive your past actions/transgressions, vowing to be better moving forward.
- ❖ Recognize that humility involves:

"a clear recognition of what and who we really are, followed by a sincere attempt to become what we could be."



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