



TWO WOLVES

One evening, an elderly Cherokee brave told his grandson about a battle that goes on inside people.

“My dear one, the battle between two ‘wolves’ is inside us all. One is evil. It is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego.

The other is good. It is: joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.”

The grandson thought about it for a moment and then asked his grandfather: “Which wolf wins?”

The old Cherokee replied, “The one you feed.”

TRUTH

truth – a fact or actuality; that which is true or in accordance with reality.

5 Reasons Why You Should Tell the Truth

By Thibaut Meurisse

“We can only control people if we tell half-truth; if we shade what’s true, but if we tell the total truth, then our inside in on the outside. There is nothing hidden inside. For most human beings, to have their inside exposed on the outside brings up incredible fear.” – Adyashanti

Was Pinocchio your favorite character when you were young? Then, you might find this article useful.

Telling the truth is never easy but, truth as incredible power in itself and is a necessary component for a fulfilling life. It is not only beneficial for the person who is telling the truth, but also for the person who is told the truth.

Let’s be honest, most of the time, we slightly distort the truth in order to “manipulate” people around us, aren’t we? Why are we doing that? Because when we tell the truth we give up all power to control people around us.

If I tell you a painful but necessary truth, I take the risk that you resent me, or worse, reject me, and that is very scary. If I tell the truth about myself you may very well not like me.

Now, let me share with your 5 reasons why you should tell the truth

1) Telling the truth empowers people around you to change and grow

No change is impossible without knowing the truth. I cannot change something in myself if I’m not aware that it is there and that it needs to be changed. How can people around you change if they are not told the truth?

However, instead of telling the truth we often hide it because we don’t want to upset others. Deep down we don’t want to be rejected and we are scared of letting go of any control we have over people. We refuse to give people the freedom to reject us or to get angry at us and want to control them. Because of that we prevent them from growing.

2) Telling the truth brings you peace of mind

Being true with who you are, allows you to maintain a high level of integrity and brings you peace of mind. You know that you are living a life that is in line with your deeper values. Your life is guided by your values, and thus, your decisions are based on truth. You can look at yourself in the mirror with a sense of pride, sleep well at night and fully express your true self to others. By being true to yourself, it becomes easier for you to be true to others. As a result, you become a better friend, partner, parent or colleague.

Is your life based on truth? Is it reflecting your core values?

3) Telling the truth is a sign of love

Real love goes beyond lies and desire to control others. Attempting to control people around us is a selfish behavior derived from a feeling of fear and insecurity. When we really care about our friends or family, we must be ready to tell them what they don't want to hear.

Acquaintances tell you what you want to hear, but real friends will tell you what you don't want to hear. Lack of truth will lead to the decay of any relationship. It will be a waste of time for both partners. For instance, if one partner wants to break up but is afraid to tell the truth, it will be a waste of time for both partners and will create more pain in the end.

Is there any area in your life where telling the truth could help people who you care about improve their life?

4) Telling the truth earns respect

Being able to tell the truth will earn your respect because telling the truths shows you really care for others. A lack of truth shows a lack of consideration for people you are interacting with. You are not willing to help them grow and prefer to stay in your comfort zone by hiding the truth. You believe

yourself to be someone nice while in fact you simply haven't the courage to hurt other people's feeling even when they ask for your sincere feedback.

However, when others perceived you as someone who is consistently telling the truth, they will seek your advice and listen to you. They will respect you for that.

Don't you want to earn other people's respect?

5) Telling the truth creates deeper connections

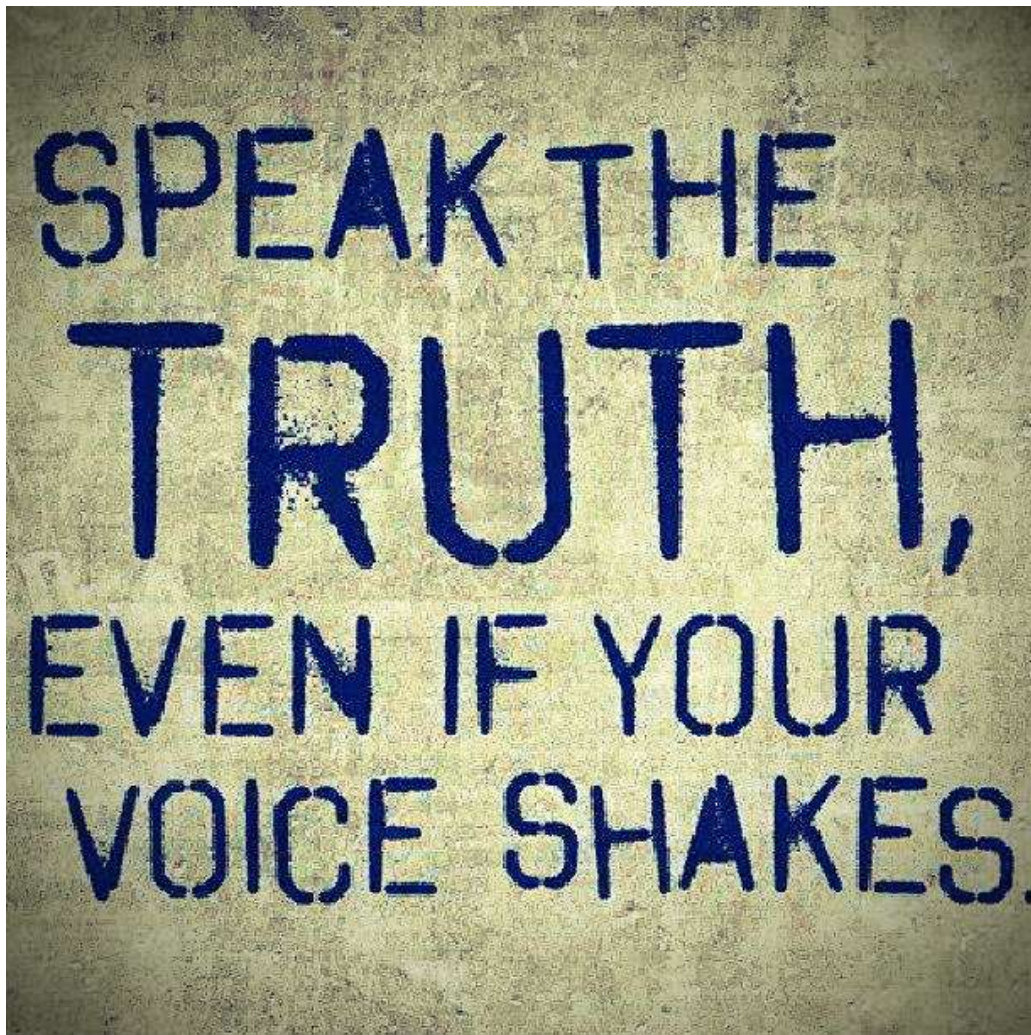
Accepting to tell the truth to people means that you are willing to fully express your feelings no matter how scary it is. It clearly shows a high level of trust and encourages your family, your friends, your partner or other people you are interacting with to open their heart too. By accepting to appear vulnerable you appear more trustworthy.

I have a friend who told me once that he was surprised to see how quickly people were opening up to him. The reason they were sharing intimate stories with him is simple because he was himself sharing a lot about his own life.

How much of yourself are you sharing with others? Are you hiding your weaknesses or do you allow yourself to appear vulnerable?

In conclusion

Truth is power. Learn to use it and start bringing more integrity in your life. Remember that truth might often be painful to hear, and learn to deliver it in a way that won't lead other people to get defensive. Truth that comes from a place of love and consideration will be appreciated.



The Art of Emotional Composure

Is your fear of the potential consequences of telling the truth keeping you from being honest? The answer to stopping that fear in its tracks is truly at your fingertips! Refer to the **BASIC POWERTAPPING WORKBOOK** and follow the proven system to own the tool of Emotional Composure. Lying is one of the most disrespectful things one person can do to another, and telling the truth is the foundation for building trust. Claim the courage of being honest – it not only benefits you but others as well!

Robert Rudelic, BS, NMT, MES