

THE VALUE OF HONESTY AND INTEGRITY!

Have the courage to say no. Have the courage to face the truth. Do the right thing because it is right. These are the magic keys to living your life with integrity. W. Clement Stone

WHAT TO KNOW!

- ❖ Being dishonest requires a lot of work; one lie leads to another and another and it requires mental effort to keep your stories straight
- ❖ Every time we are dishonest, we create a duality; the true world and the world built on falsehoods that require further effort, focus and lying to be maintained
- ❖ Dishonesty creates a sense of insecurity in a relationship; lying creates doubts, causes feelings of betrayal, and destroys the sense of safety
- ❖ Many people lie because of the short term benefits: it can help one get out of trouble, it can get one what one wants, and it can give us a sense of power by manipulating others
- ❖ But if you lie because everyone lies, what makes you different from others?
- ❖ Honesty is not only about telling the truth but also about wanting to do the right thing; it reflects character, commitment, and conscious effort
- ❖ Being honest leads to respect, closer friendships, greater intimacy, trust, confidence, wellness and less stress
- ❖ Being honest with oneself is the key to developing confidence, trust in oneself, and motivation to try harder
- ❖ Being honest with others is a major ingredient of building relationships as it means that you are credible and can be trusted
- ❖ Being honest requires an initial decision and commitment to be truthful and the courage to keep this commitment which does become easier over time
- ❖ It is more important to be honest than nice to people as being dishonest but nice can lead to misunderstandings, conflict and superficial relationships
- ❖ Integrity is being honest and having strong moral principles; it is a personal choice to live by standards of honesty and truthfulness and is the opposite of hypocrisy
- ❖ Integrity is simply doing the right thing and not making excuses like the ends justifies the means, it all worked out in the end, or no one was hurt so what does it matter.
- ❖ Integrity includes being introspective and reflective of your own actions to align them with moral standards; it is the **doing** of actions not the **saying** of actions
- ❖ Integrity simply is always doing the right thing...whether someone is watching or not
- ❖ Integrity, like honesty, requires courage to do what is right even if you don't want to regardless of the consequences or whether you will be accepted by peers
- ❖ People who have integrity are reliable, authentic, trusted, respected, and admired
- ❖ Self-growth happens when a person is honest with themselves in order to confront their negative thoughts and feelings and has integrity to do what is right

WHAT TO DO TO BUILD HONESTY AND INTEGRITY!

- ❖ Make a commitment to always telling the truth and doing what you said you would do
- ❖ Evaluate your own system of values and morals
- ❖ Do not succumb to peer or social media pressure; strive to be an individual rather than change your values to be like everyone else
- ❖ Avoid those who are dishonest, amoral, and untrustworthy
- ❖ Emulate role models who are honest and have integrity
- ❖ Admit your mistakes and use them as a learning experience
- ❖ Seek professional help if you have difficulty living the values of honesty and integrity

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

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