

The importance of being honest essay



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Raihaan Essop THE IMPORTANCE OF BEING HONEST | Being Honest It is common for people to dislike NOT having wealth, position and all the fancy trappings that show the world we are successful. Let's be honest how many of us think that being a Pop Singer like???? or a Diva like Lady Gaga is so cool. Think of it – all the trappings that come with being a highly paid Pop Star, designer clothes, cars, house in Beverly Hills. Can you imagine it? How awesomeGreat huh!

I know I will get myself at least 2 Lamborgini's, A Ferrari and ... But now for some reason that dream is over, will we still have the same willingness from others to fulfil our every need, hang onto every word we say and give us all the attention and affirmation we want and when we want it. Will we be happy if it was taken away? We need to be really honest with ourselves here! Will we still get the same respect if we found ourselves suddenly out of the limelight.

Honesty – refers to truthfulness, integrity, sincerity and candour and these principles are vital to making effective changes and identifying who each of us really are and what it is we really want to achieve. When you lie about who you are or what you really believe in, you reinforce the idea that you need to pretend to be someone else or that you are not fundamentally “good enough”. Worse you undermine virtually every key principle for self improvement, betterment, achievement of goals and most important “ what it means to be yourself” If on some level you are afraid of the truth.

Know that without being honest you may never really know what you are honestly capable of achieving. You may reach your goal and find yourself

unhappier than you have ever been before. At that point you may realise that you still do not know who your true self is. To suddenly wake up at age 70 and realise that you have never really been honest with yourself could be leaving things a bit late and a restart could be quite difficult.

Each of us have limitations for example, we may speak more than we listen, are lazy when asked to undertake tasks, get upset when we are told this and feel that someone else is sabotaging our efforts. It is always easier to use self-deception and denial as a way of avoiding having to deal with issues about ourselves, our circumstances, the people we surround ourselves with or even events from the past. What we don't realize is that by doing this, we lock ourselves into an ineffectual cycle of self-sabotage and poor self-esteem that in all honesty blocks our ability to move forward achieve our goal, dreams and be happy and content and free ourselves from the constant fear of defending or losing it. Being honest means that you have to confront the reality of a situation, why it makes you react or feel a certain way and why the outcome is not as you imagined it would be. Only after you are willing to do a bit of thinking and honest self examination will you be able to see your real self. And then you can start to move forward, choosing to deal with issues or simply work around them until you feel ready to deal with them is ok.

Honesty needs us to be aware of our self, what we say, how we say it, what we do and what we don't do. So if we want to be honest, we have to practice self examination. It is because if we don't then we are once again saying the following things: 1. I am not good or worthy enough 2. I need to lie and cheat to get what I want 3. I need stretch or exaggerate the truth to impress

people no matter what the price. This is a hopeless endeavour and the most effective manner in which to belittle yourself and downright do yourself in.

In this modern world of marketing spin and half truths and maintaining honesty might be seen as a bit of a challenge! But in reality it is not, we always know at a fundamental level what is truly honest and if you are ever in doubt, simply reverse the scenario and put yourself in the others shoes... does it still feel honest? Being honest requires a high level of self-discipline and is often really difficult to do at first because we have all got so used to those little lies and pretences that seemed to make life simpler.

But that impression is false, being honest actually simplifies life considerably and releases an enormous amount of life energy from propping up complex and often completely useless webs of lies and pretences, that can now be channelled into something you really want. How do we start being honest? The good news is that it takes practice, practice and practice. Be aware of yourself. Be aware of how you feel, what you truly think, when you do not really know what to think, when you feel the need to be dishonest, why are you being dishonest, who is it that you feel you to exaggerate the truth with.

Being honest gets a lot easier with being conscience and practice especially when you realize that others start to identify your authenticity and their respect grows accordingly. Furthermore you will be considered a far more reliable and balanced person because everyone will know exactly where they are with you. Finally I would like to remind you to be kind and to always bring your truth from a loving place. Too often we have seen truth used in other

ways, used like a weapon, wielded self-righteously like a sword and causing misery and havoc to all around.

If you have found your honesty and your truth, you will also have learnt many other spiritual tools to help you cope with some of the difficulties that arise when you confront it. Remember that many of those around you will not be equipped with these advantages, so tread carefully. Not lying is not the same as saying I am an honest person, worthy of great things. I trust that by being honest to myself it will positively and lovingly influence everyone around me to be the same | | | Being honest means telling it like it is without excuses or denial.

Why is important to be honest? Well it depends on who you are being honest with! The Importance of Being Honest With Yourself I personally believe this is the most important part of life. If you can't be honest with yourself then you can't admit what really brings you happiness and joy in your life, and you can't be honest with others. Something as simple as pretending to like horror movies just so you fit in with your friends (when actually horror movies scare the crap out of you for months and cause panic attacks) is an example of not being honest with yourself.

You are causing yourself unhappiness at the expense of trying to conform to how other people are. Sometimes we lie to ourselves to fit in or make others happy, but this is not healthy for our own well-being. Yes, you may be making others happy and that may cause you some happiness, but pure happiness comes from being yourself without having to hold back or pretend to be someone else. Sometimes we lie to ourselves to avoid doing things we

don't want to do. We may tell ourselves that we are not that overweight in order to keep eating the amount of food we want.

Another example is going to the doctor. My mother in law is great for this one! She knows she's sick deep down but she tells herself that it's nothing to worry about. Then she gets sicker and sicker and.... well, you know the drill. Be honest with yourself about: * What you like * What you don't like * What you enjoy * What you don't enjoy * What your beliefs are * What you want to do in life * What you are capable of doing * What makes you happy * What makes you unhappy * How you feel * What your body is telling you * WHO YOU ARE!

And once you start being honest with yourself you can start living your unique, healthy, and individual life to the fullest. The Importance of Being Honest in a Relationship Many people start off their new relationships not being honest. They like to conform themselves to fit the image of what they think their potential partner wants them to be. The problem with this is that eventually the truth is going to come out and a breakup may occur because of it, and if a breakup doesn't happen then trust issues are going to start taking place. Either way it's bad.

It doesn't matter what you are lying for it is not going to do you any good. It's better just to be honest in a relationship right from the beginning and guarantee yourself that you are not going to have to deal with any hurt feelings or surprised reactions later down the road. Once you have been in the relationship for a while, and built that honest foundation, then you don't have any reason to lie. Communicating honest feelings and thoughts to each

other is a healthy part of a healthy relationship. If you can't be honest with your closest ally (besides yourself) then they may not be the one for you.

The Importance of Being Honest at Work There are many different ways to be dishonest at work and none of them should be part of your daily routine. Honest and integrity at work make people like you more, get you further in your career, and make you feel good at the end of the day. Granted, it's easy to lie at work and credit for things you haven't done but the truth will come out eventually and you will most likely come out very badly from that situation. You can also lie and make people look bad for your own success, but it's not easy to live with once the guilt catches up with you.

Maybe you are dishonest by putting the blame on someone else for something you did. This may catch up to you in the truth coming out from a witness, but it also is not a way for you two grow personally. Mistakes are how we learn and move forward in life and if you are not honest with your own mistakes then how can you grow? In reality, honesty is important in ALL areas of life. You will feel better for being an honest person and you will go further in life if you are honest. Being dishonest will only get you in trouble, disliked, and put an end to your personal growth