

Worksheet 15.1
Truthfulness

Theme: **Truthfulness**- presenting myself to others as I really am

Extremes:

1. Boastful, *taking credit* for what I didn't do, wanting to appear as more than I am, lying to look good.
2. Putting myself down, *claiming less* about myself, lying so as to not look bad.

Gambling traps:

1. Need to boast leads to gambling to impress others; to look like a big-shot, or I need lots of money to keep up my image.
2. If I lie to protect myself, eventually I will feel guilty and desire to gamble.

Evidence for my lack of truthfulness:

Cost/benefit analysis:

Benefit of truthfulness

Cost of truthfulness

Benefit of not being truthful

Cost of not being truthful

If I were truthful I would do or look like:

The first concrete steps in being more truthful are:

- 1.
- 2.
- 3.
- 4.

I will begin working on it (time, day) _____

In what way?