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**Honesty Causes Fewer Wrinkles**

**By Written by a member of one of our sites**

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Honesty Causes Fewer Wrinkles

Have you noticed that though many of our relationships start out with such promise, something often happens, causing them to quickly go downhill? Perhaps you've seen friends wondering about someone they've spent time getting to know, only to find out that person was less than completely honest with them?

For the most part, we all start with the best intentions of meeting someone, pursuing a fun friendship that leads to a light romance that may someday culminate in the love of our life. But it doesn't always work that way, does it? Sometimes it doesn't even get as far as meeting in person. And what is the culprit? In many cases, honesty, or the lack thereof. Someone isn't quite telling the truth about who they are, what they are doing, or why they act the way they do.

In online dating, we need to be especially diligent in helping fight the dishonesty battle. That's because all an online acquaintance may know and understand about you for some time is whatever you decide to reveal to that person. We need to be carefully and gently honest. No one wants to get involved with a too zealously honest brute or brutesse. But most of us have a low tolerance for dishonesty. The dishonesty can range from our descriptions of who we really are, to how many potential partners are being pursued at the same time, to lies for no apparent reason.

Every person wants to put his or her best foot forward. But please, make sure it's the foot attached to your own leg! I heard one woman say a suitor told her that he "owned a textile business." In reality, he delivered paper towels. We all wish to be seen in the best light possible for as long as possible, but early in dating and throughout the relationship we should be getting to know each other as we really are.

When we're dishonest, whatever the reason may be, it narrows our path. We then have to remember the lie and try to conform to it. We are less "free" with our loved one than before telling the lie. The side effects of the lie are almost always fatal to the relationship, and, it's just wrong. The listener takes in

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the lie and very often recognizes it instantly for what it is. To avoid giving offense, they won't call their friend on the dishonesty. If they did, the relationship would end instantly, because who wants to date someone that has called them a liar? But left unaddressed, it's like a pebble in a pair of running shoes. The shoes should be ready for the long run, but knowing you've been lied to irritates and agitates.

Even if the lie isn't caught, the 'lied-to-loved-one' feels something shifting—the one we care about slowly slipping away, and we're left to wonder why? What happened? Relationship decay begins. The end is coming because a lie indicates a lack of respect, which will most likely be repeated. This is a fatal cycle, and it's killing relationships that begin with real potential.

And regarding our appearances, the "Glamour Shots" and the 7-year old pictures need to be updated. Don't we all want and deserve someone who accepts us as we are, so we can gracefully get on with

the processes of life, feeling loved as years go by?

If you're stretching the truth, maybe it's time to ask yourself why you are doing this? Are you wasting your own and others' time and money dating when you're not emotionally ready?

And, hey, did you know honesty can actually be better for appearances too! Did you know it takes 300 different wrinkle-forming muscles to frown through a lie, while it only takes ten to smile and tell the truth? We might just find ourselves in healthier, happier relationships with a minimum of additional effort.

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### **Top Ten Reasons To Be Honest**

**By Monique Rider**

#### **Top Ten Reasons To Be Honest by Monique Rider**

The Top 10 Reasons for Being Honest

1. Honesty means being authentic.

Honesty is a reflection of yourself and your true feelings. If you want people to know who you really are, just be honest.

2. Honesty shows courage.

It takes an immense amount of courage to say what you feel. It is difficult and takes practice and patience.

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### 3. Honesty shows you care.

When you're honest, with yourself and others, it shows how much you really care. When people experience a caring attitude – it makes them stop and think.

### 4. Honesty creates a circle of love.

Honesty sets an example that can create more honesty. This energy translates into love and can create an on-going circle of loving relationships.

### 5. Honesty shows maturity.

Many times there can be hurt and pain associated with honesty. A mature person can prepare for that and work through it with the other person.

### 6. Honesty fosters a connection.

Honesty can bring people closer. It forms a bond, or connection because the two people may be working with some very painful issues.

### 7. Honesty feels exhilarating.

It feels great to be authentic and say what you feel, especially when it's well received.

### 8. Honesty eliminates garbage.

Hiding true feelings or withholding information turns into emotional garbage. Too much negative energy can be spent on dishonesty. Being honest eliminates garbage and cleans out your emotional tank!

### 9. Honesty will attract honesty.

If honesty is truly important to you and it's practiced

regularly, you will soon attract the same type of people into your life.

### 10. Honesty can keep you out of trouble!!

We all know how you can dig yourself in deeper with lies and deceit. So don't even go there!! Start with a clean slate by staying honest.

© By Monique Rider 2001

Monique is a survivor of adversity! She believes there are blessings in our struggles. Monique is also the owner of Trinity Coaching Services, a company that provides personal development coaching services. In addition, Monique is a competitive bodybuilder, wife, mother, and published author. To

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