

# TIPS TO STOP LYING

## AND INCREASE HONESTY



### UNDERSTAND HOW YOU FEEL

Fear, anxiety, hurt, frustration...What do you feel? It is important to know what you feel because that drives your thoughts and behavior.



### STOP AND THINK

Stop yourself and do not say or do anything until you think through why you feel the way you do. Think about how it will effect you now and later. How will it effect you spiritually, emotionally and mentally?



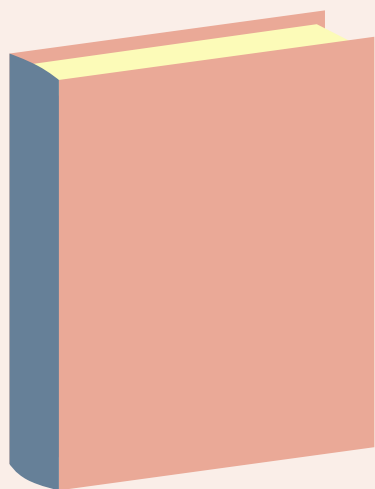
### GIVE YOURSELF CONSEQUENCES

If you notice you want to lie, give yourself a consequence so you will remember it later. Or if you do lie, give yourself a consequence to help you remember that this is not okay.



### THINK ABOUT THEIR FEELINGS

By remembering your partner and what they feel, you reengage your sensitive side. Think about how much you care about them and what they mean to you. Think about how you don't want to hurt them.



### SET A RULE FOR YOURSELF

Rules are important in our lives. They keep us out of harms way. Write down the rule for not lying. Tell God and others what your rule is so that it becomes more really. Tell yourself why that rule is important.

**LYING HURTS OTHERS AND IS NOT OKAY!**

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