

THE LOVE SCOUT

Relationship Therapist



SPECTRUM OF HONESTY

The spectrum of honesty is designed to help you understand and decide your level of honesty in communication. It only works if you start by being honest with yourself first. There are many reasons why people choose different levels of honesty and transparency. How you understand your own ethics around honesty is up to you. What we know is that living a life with constant lying and deception makes it harder to have personal integrity and be genuinely close to others.

Here are some questions that can help you make more considered decisions with your communication.

Is the honesty helpful? Is it harmful? What is my intention with the honesty? What are the consequences of dishonesty?



Lying - Blatantly making things up that never happened

Deception - Causing someone to believe something or intentionally misconstruing information

Editing - Changing parts of a story to make it more palatable or angle yourself or others in a particular light

Redaction - Intentionally censoring out specific parts of a story

Omission - Only telling the bare bones of a story to not cause you or the other person any distress

Considered Honesty - Thinking about what is relevant, necessary, intentional and aligned with your values and being honest

Brutal Honesty - Saying exactly what you think (usually with spite) & not caring about the other person's feelings or consequences