

## I SHARE MY TRUE FEELINGS WITH OTHERS

I recognize that life is unpredictable, so I make the most of each moment. The important people in my life deserve to know their worth. I share my true feelings with them whenever I have the chance.

Being honest helps those around me to know where I am coming from. Even in difficult situations, I am committed to being true.

Taking that approach builds trust between me and others. It helps to frame the tone of future situations. My family and friends know that I am good for my word. My word is my bond and is a true depiction of what is in my soul and heart.

Honesty also allows me to have a clear conscience. I feel better about situations when I come clean. It helps me to achieve true inner peace.

When I am at odds with someone special, I avoid allowing the feelings to fester. I am conscious that life is uncertain. The present moment is the best one to tell someone how I feel.

I am open to hearing the true feelings of others. My heart is open to receive the sincerity of their expressions. After all, communication is a two way street.

Today, my commitment to being true about my feelings is unwavering. I consider each moment with others as a chance to be sincere.

## REFLECTION QUESTIONS

**1**

How can I express my true feelings to those important to me, even in difficult situations?

**2**

What are the benefits of being honest and open about my feelings?

**3**

How does sharing my true feelings build trust and strengthen my relationships?