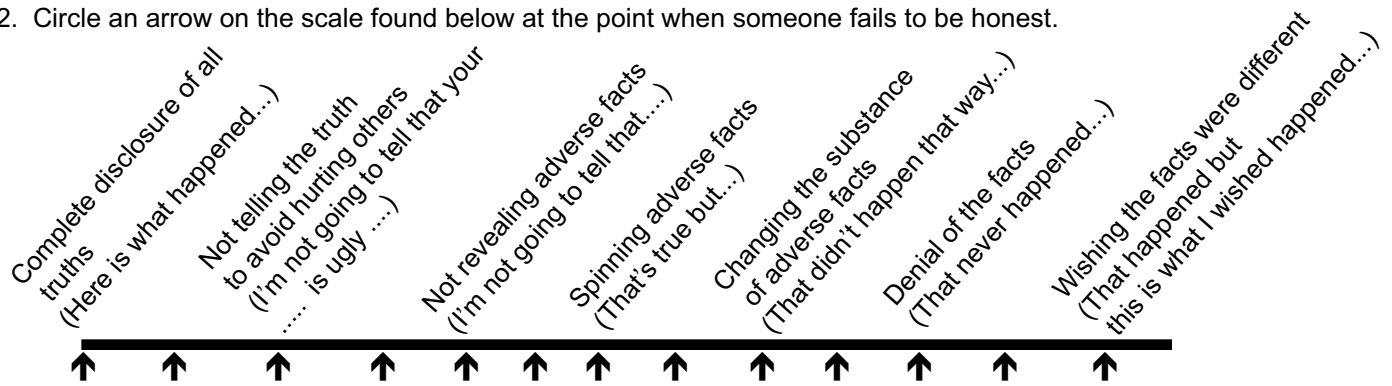


# Honesty Worksheet

*We learned about honesty and integrity - that the truth matters... that you don't take shortcuts or play by your own set of rules... - Michelle Obama*

1. The definition of honesty is fairness and straightforwardness of conduct: adherence to the facts. In your own words what does it mean to be honest.

2. Circle an arrow on the scale found below at the point when someone fails to be honest.



List a few reasons why you chose that point as to when dishonesty begins.

3. Why do you believe people are dishonest.

4. Dishonesty Checklist - Check all the following statements that you believe are true.

- Dishonesty impedes communication rather than promotes communication
- Dishonesty destroys trust rather than builds trust
- Dishonesty hinders freedom rather than encourages freedom
- Dishonesty blocks confidence rather than increases confidence
- Dishonesty produces anger rather than reduces anger
- Dishonesty devalues advice rather than values advice
- Dishonesty lowers opinions rather than raises opinions
- Dishonesty diminishes self-pride rather than increases self-pride
- Dishonesty produces doubt rather than eliminates doubts
- Dishonesty breaks relationships rather than cements relationships
- Dishonesty discourages privileges rather than encourages privileges
- Dishonesty hampers credibility rather than enables credibility
- Dishonesty divides team cooperation rather than bonding team cooperation
- Dishonesty fractures team unity rather than solidifies team unity
- Dishonesty adds stress rather than lessens stress

5. Some people believe that it is better to be dishonest and lie rather than to face consequences and penalties. What are the fallacies of this thinking?

6. Have you ever been dishonest. If so, think about why you were dishonest?
7. What situations would tempt you to be dishonest? When would you be dishonest?

8. How would being dishonest impact your recovery?

9. What steps can you take to keep honesty a priority in your recovery?

10. Why do you feel that you have been asked to complete this worksheet?

11. If you are ever dishonest or have ever been dishonest in the recovery program, what can you do to admit this mistake, to whom should you disclose this information, and how does this admission help you in your recovery?