

*Secrets keep you sick.*

## HONESTY & TRUST WORKSHEET

Honesty is often very hard. The truth is often painful.  
But the freedom it can bring is worth the trying.

-FRED ROGERS

With whom am I dishonest with?

---

---

---

Why am I dishonest? What am I afraid of?

---

---

---

What would I need to know in order to be willing to be honest?

---

---

---