



Speak Your Truth or Lie *How to make authenticity comfortable*

by Elizabeth J. Agnew, MS

We all know that physical feeling we get when we hold back on speaking our truth. Some situation calls us forth, stirs within us a desire to speak. And something else blocks it. Below are three simple ways to create an environment where speaking your truth is more comfortable. Hopefully more comfortable than tolerating that pit in your stomach.

Three ways to speak your truth with greater ease and confidence:

1) Set lots of context

The way you frame some uncomfortable truth can make it feel less uncomfortable for you, and help you feel less like you're creating discomfort in the others. You may start with something like "I'm going to say something that you may not want to hear, but it's important to me and to our relationship to be able to be completely straight with you."

2) Keep it on you

After all, it's YOUR truth. It's your interpretation, it's your reaction. Careful, this doesn't mean couching your statement in caveats; it just means not attacking or blaming. You might say something like "The way you _____ caused me to feel _____", or "I noticed that _____".

3) Show appreciation

Finish with appreciation. Tell the person receiving your truth how much you appreciate being able to share honestly with them. This can call them to rise up and respond with compassion rather than reacting.

The effect of executing the three steps above is powerful. Stand taller in who you are and relish in the

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