



ASK AMANDA JAYNE

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Let's for a minute talk about the non-truth, the lie, the white lie, the fabrication of the truth.

Whatever the motivation we all would prefer the truth if we are totally truthful with ourselves. Receiving a lie, or a distortion of what is true, feels wrong. Somewhere in our subconscious we know it's wrong because it makes us feel uncomfortable.

If someone is telling us something 'nice' or 'kind' but is not entirely the truth, we sort of know that. That feeling in the pit of your stomach. It's when you cannot accept what someone is saying and you keep checking it out.

You are left with the discomfort of knowing that what was said was not true. The betrayal and disappointment that can come with that can be devastating. It can destroy friendships and relationships as the trust is lost. The respect for that person has slipped. You no longer hold them in quite so high a regard.

Even if you may understand why they have evaded or disguised the truth, it is still difficult to get over as it hangs around, festering, making you question yourself and their actions and what led them to lie to you.

Some of the worst lies are the ones we tell ourselves. That inner critic will lie to you all day. If we are facing a difficult situation we can lie to ourselves for a long time. It doesn't pay off. The truth will out.

If you receive the absolute truth you can handle it.

If you deliver the absolute truth, the person on the receiving end can handle it.

Yes it maybe difficult; upsetting; disappointing; angry-making; shocking. However, we are made to be able to process all those upsetting emotions and get over it. You maybe sad for a while, or angry, or hurt, but if it's the truth, you can accept it and move on knowing you had the truth. After a period of upset, it's a clean break.

Imagine a lie delivering all those emotions, not only will you still



The truth will out ... so it's always better to tell it from the start

The truth, often hidden, often hard, and sometimes the telling of it is laced with fear. However difficult it is, it is always better to tell it, says west Norfolk based psychotherapist and counsellor **Amanda Jayne**.

have to process them; you will also be left with confusion, perhaps guilt, frustration, and a sense that something is unfinished. This is much worse than receiving the honest truth and being able to accept it and come to terms with it, and subsequently get over it and move on in a healthy way.

The non-truth leaves behind insidious toxic stuff: A mistrust of people; being guarded and defensive and perhaps more inclined to avoid the truth yourself. It is a slippery slope and a difficult one to step off.

Sometimes the issue is the finding of the truth within yourself before you can deliver it. However, if you spend some time getting to

the root of what you really feel or want, you can then deliver it and experience the relief of having done so. Whoever is on the receiving end maybe upset, but will respect you for being brave enough to tell them exactly how you feel.

Tell it in a kind sensitive way.

You can live with telling the truth and so can they.

Only a lie will follow you around in the form of guilt. Guilt is one of the hardest emotions to process and get rid of.

One of the '12 Rules For Life' according to Jordan Peterson is: "Tell the truth, or at least don't lie". It makes life easier in the long run, even if it's difficult in the short term. 