

Level



- Think about the phrases ‘Level with me,’ ‘Be straight with me,’ ‘Be honest.’
- Do we ever find it hard to be completely level with people?
- Is it because we don’t want to hurt their feelings? Is there sometimes another reason?
- Are we completely straight with ourselves? Or do we sometimes hide our real thoughts and feelings?
- Sit quietly for a moment and think about whether there’s a person you need to be level with, or a situation you need to be honest about. Is there anything you could do or say to make things straight?

“Honesty and transparency make you vulnerable. Be honest and transparent anyway.” Mother Teresa