

Step 1 – HONESTY

Honesty is when we tell the truth

We can't stop a behaviour unless we are honest about it

Telling the truth helps us feel better because

- Someone finally understood our confusing feelings
- Our therapist listened without laughing
- Our families learned how to help us
- Helps others learn how to tell the truth
- Helps us learn how we hurt others so we can learn how to stop

It's hard to be honest because

- We are afraid others will not believe us
- We are embarrassed
- We are afraid we will get in trouble
- We are afraid people will not like us
- We are afraid that, if we tell the truth, people will know we have a problem

When you tell the truth and admit what happened, you are being accountable, and taking responsibility for your actions.

