

Honesty Worksheet

Patient Information

Name

Date

Self Reflection

Describe a recent situation where you found it challenging to be honest.

How did you feel during this situation?

What thoughts were going through your mind?

Understanding Patterns

Identify any recurring patterns where you struggle with honesty.

What are the common themes or triggers in these situations?

Exploring Impact

How do these honesty challenges impact your personal life?

How do they affect your relationships with others?

Insight and Motivation

What fears or beliefs might be influencing your honesty?

How does being dishonest/honest align with your values?

Goal Setting

Set a personal goal related to honesty (e.g., being more open about feelings).

Outline steps you can take to achieve this goal.

Progress and Reflection

Reflect on any progress made towards your honesty goal.

What challenges have you faced, and how did you overcome them?

Additional Notes

Additional observations or comments by the patient or mental health professional.