

# Honesty Worksheet

## Patient Information

**Name**

Anna Lotte

**Date**

December 17, 2023

## Self Reflection

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

I didn't tell my partner about wanting to cancel plans with his family because I needed time alone.

**How did you feel during this situation?**

Anxious and guilty, like I was letting him down.

**What thoughts were going through your mind?**

If I say what I really feel, he might think I'm selfish or unsupportive.

## Understanding Patterns

**Identify any recurring patterns where you struggle with honesty.**

I often hide my true feelings in relationships to avoid conflict.

**What are the common themes or triggers in these situations?**

Fear of disapproval, especially when my needs differ from others' expectations.

## Exploring Impact

### How do these honesty challenges impact your personal life?

I feel stressed and disconnected from my true self. But for the most part, this is how it's always been, for a long time, ever since I lived at home with parents.

### How do they affect your relationships with others?

It creates a distance in my relationships; I'm not fully open with them.

## Insight and Motivation

### What fears or beliefs might be influencing your honesty?

I'm scared of being judged or punished for putting my needs first.

### How does being dishonest/honest align with your values?

Dishonesty conflicts with my value of authenticity, but I struggle to balance this with my fear of rejection.

## Goal Setting

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

To openly express my needs and desires, even if they differ from others' expectations.

### Outline steps you can take to achieve this goal.

Start small by expressing minor preferences and build up to more significant matters.  
Practice self-affirmation to build confidence.

## **Progress and Reflection**

### **Reflect on any progress made towards your honesty goal.**

I've started to be more honest with small things, like choosing a restaurant.

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

I still feel anxious about bigger issues. I remind myself that my feelings are valid and deserve to be heard.

## **Additional Notes**

Additional observations or comments by the patient or mental health professional.  
Anna, it makes me glad to know that you are now more aware of your patterns and that you are taking steps to address them. I encourage you to continue self-reflection and to gradually expose yourself to being honest with more people, which you can start by being more honest and vocal in safe environments with people you can trust.