

By Gemma Bailey

Lying

Now, I'm going to be honest with you, there are a number of reasons why people lie. But isn't it interesting - the first reason is fear. This is the most common reason. Now you may think that perhaps the fear is of being found out that you've been doing something you shouldn't have been doing - but this isn't the case. The purpose of a lie is to give you shelter from a perceived punishment - to lock yourself away from the punishment, but haven't you kept the truth locked up for a while now? You really do not need to do that to yourself anymore.

You no longer need to fear a punishment, because from now on you are going to begin to understand more about why you lie, which will cause you to interrupt the construction of a lie before it leaves your mouth. It's time to step out into the open now, no more locking yourself away, no more skeletons in closets, open, free, and honest.

There remains two further reasons why a person may continue to lie even after eradicating the habit of lying and even after stopping the self punishment. Another reason why is when you have learned to lie because you have watched others lying and have seen them get away with it. If this is the case then just ask yourself - Do you want to become like that person, is this someone you could aspire to be? Or should you start now doing everything possible to be better than that - a better husband/wife, father/mother, friend, colleague - a better friend to yourself?

The last reason why people lie is because they feel that if they tell the truth, they wouldn't get what they want. I wonder what kind of person you would become if you were always to get what you wanted. Consider children - what might their behaviour have been like had you have always given them everything they wanted? - as a parent to yourself, you know that always getting what you want is quite corrupting, that as individuals we need to earn things to truly give them value and meaning.

And now you have much to earn - you need to earn back your respect, but before you can get it from others, you need to have it within yourself, for yourself.