

Honesty in a Relationship

What is reality? Reality is the world when you're looking at it in an honest way. If you start to be dishonest about the world around you, you create a reality that is different from what other people see. And when you create your own reality, you'll almost never be happy.

Often times people start to develop an alternate reality in relationships when they start asking questions that they can't handle the answers to. Questions like:

- Do I like fat in this?
- Do you think that girl is hot?
- You know your pretty ex girlfriend? Do you ever think about her?

So in order to keep your relationship in reality, and to maintain honesty, you have to do one of two things:

1. **Don't ask the questions-** If you don't want an honest answer, then don't ask the question! If you just want to be told you look nice, just say, "Honey, will you tell me I look nice?" Don't play games with your words. In short, if you can't handle the answer to a question about whether or not your partner thinks about their ex or thinks a girl is hot, then just don't ask the question, because if you ask it and expect a particular answer, you're just setting up your relationship for dishonesty.
2. **Be prepared to handle the truth-** If you still want to ask the difficult questions of your partner, then you have to be willing to hear the truth, no matter what the answer is. If you ask if you look fat in an outfit, and your partner says yes, you have to understand that #1, it was probably pretty hard for them to muster up the guts to say yes, and #2, you now know how other people see you! You're living in reality, and that's a beautiful thing! You can now change your style to better compliment your figure.

This idea of honesty within the relationship is not the most common way of thinking, but I promise that it will bring the most happiness.

My husband and I practice this "brutal" honesty, and it has made a world of difference in our relationship.

Imagine the feeling that you get right now when your partner tells you that you look nice. Your reaction might often be, "Are you just saying that?" Well, when you've developed complete honesty in your relationship, you never again have to question whether or not your partner really means a compliment that they are giving you.

My husband has told me many times that he doesn't like my makeup, or doesn't like the way I do my hair, and you know what, it kind of hurts at first, but then I alter my makeup and hairstyle, and when I see him again he goes, "Wow... you look really good." And I have no doubt that he completely means that.

If you can be honest in your relationship, you will build a level of trust and happiness that you never thought was possible.

For more on this topic read [How to Trust Someone](#), and [Am I in Love?](#)