

“I Lied... But Why?” – A Self-Honesty Starter Sheet

1. Pause & Reflect Section

“What did I lie about?”

“Was it a big or small thing?”

☐ Big

☐ Small

“How did I feel right before I lied?”

☐ Nervous

☐ Angry

☐ Hurt

☐ Overwhelmed

☐ Protective

☐ Other: _____

2. Why Did I Lie?

☐ I didn't want to start a fight

☐ I was scared of being judged

☐ I thought it would hurt his feelings

☐ I felt ashamed

☐ I didn't know how to say it calmly

☐ I was trying to keep peace at home

☐ Other: _____

3. Gentle Reframe

“Does this lie define me as a bad wife?”

☐ Yes

☐ No

What would I tell a friend if she was in my shoes?

4. Next Honest Step

“I'm not a bad person. I'm a human learning love.”

What's one small way I can be honest next time, without guilt

*“Sometimes love speaks through silence. But healing
begins with gentle honesty.”*

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