

Sometimes Honesty Is the Worst Policy - Make Sure You Know When

You've no doubt heard it over and over: "Honesty is the best policy" but there are situations where it is not. For example, you have an intimate relationship, there's a high level of trust, the relationship has maintained over time, - that's a situation where honesty is not only the best policy, but it will enhance the level of emotional intimacy, connection and that said, there are situations where honesty is definitely NOT the best. To truly make your 'honesty choices' wisely and avoid all manner of possible negative consequences, it's important to know when to button your lip. One example: Your work environment has an opening at a level above yours, and you want to be. Meanwhile one of your co-workers shares something about his/her life that's more personal and intimate, and encourages you to do the same. They ask leading questions, they appear to be concerned about you, they may ask "how is such-and-such?" Their manner says "I care about you" so you share some details about yourself you would have otherwise kept to yourself, and the next thing you know, the higher ups that will make the choice about who gets that promotion have somehow gotten wind of your personal life. Now you look bad, and guess what - the person you shared them with is now looking like a much better candidate. To put it briefly, you've been previous example is about a particular person. But are there people with whom sharing personal information is not a good idea? In short, YES! There are people in this world who are all smooth as glass on the outside. They find out what's important to you and then align themselves with those values, saying that's what they want. They may even produce evidence of their desires matching all this is a con, designed to get you into a situation where your guard is down, where you are vulnerable - physically, emotionally, financially or otherwise. Then they take advantage, and you are left not knowing what hit you. This payoff for them can be short, as in a number of minutes or days, or really long - over a number of years. Think of "The Sting" - the movie starring Paul Newman and Robert Redford. The two laid very detailed and convoluted plans for conning their victims. These cons can even become imbedded in organizational structures. To see this laid out in the financial industry and learn how it caused the recent financial crisis, read [Liar's Poker](#) by a financial insider - the former bonds trader and journalist Michael Lewis to find out how to identify these situations, people and organizations before you get taken in by them, I suggest you read Roxanne Livingston's book [Chronically Hurtful: A Social Worker who spent well over 30 years working with the diagnostic categories called 'sociopaths' and 'character disorders' has lots of identifying tips and self-care if you've already been taken in - well, you're certainly not alone. There are smooth operators everywhere, and they present themselves with complete innocence and And some are incredibly problem is that the more honestly you share what's going on with you, the more they use it to manipulate you and take advantage of what to do? First, always listen to your gut, as it often 'knows' this is going on before your head Also recommended is listening to](#)

About the Author

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