



Integrity is adherence to strong moral and ethical principles and values.[1][2][3] In ethics, integrity is regarded as the honesty and truthfulness or accuracy of one's actions. Integrity can stand in opposition to hypocrisy,[4] in that judging with the standards of integrity involves regarding internal consistency as a virtue and suggests that parties holding within themselves apparently conflicting values should account for the discrepancy or alter their beliefs. The word integrity evolved from the Latin adjective integer, meaning whole or complete.[1] In this context, integrity is the inner sense of "wholeness" deriving from qualities such as honesty and consistency of character. As such, one may judge that others "have integrity" to the extent that they act according to the values, beliefs and principles they claim to hold.

So many people have problems with honesty. We see it in our daily lives. How can I spin this? Not just to others, but too myself, so I too can accept it because at times a lie fits better than the truth. A long time ago, a very wise man taught me that when I'm delivering information and I need to justify it with the word BUT, everything after that will be bull. Oh, he's a good man, but.....BSBSBSBS. Be true to others, even better, be true to yourself, then you won't need to worry about being true to others, it will happen naturally.

Being entirely honest with oneself is a good exercise.
~Sigmund Freud

The truth is our friend. It is a rough and humble kind of friend--but a friend nonetheless. Each of us will need to learn to spend time with this friend because it is one that is not easy to escape. It is always turning up when we least expect it. The truth about ourselves is hard to avoid. It seems to knock at our door until we let it in.

Perhaps we have played the game of hide and seek sometime in our lives. Sometimes we tell little lies about ourselves to impress others, or we act in ways that, deep down, we know are not really the way we want to be. We can never be comfortable this way. We know what it is like to hide and try to keep from being found. The truth about us is an expert player. It seeks us out until we put our arms around it and welcome it.

Is there something I am hiding from today?

By Charles Radiola