

Laws of Life Essay

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Essay Title: Honesty- The Foundation of Life

Essay:

It takes strength and courage to admit the truth. It takes honesty. The foundation of every relationship. The key to trust, and the key to confidence, honesty. The first step to self discipline. Every decision, every conversation, every outcome. They all lie in the hands of honesty, which allows us to choose our own fate, assists us in recognizing our mistakes, and makes us all human. It means honor, it means truth, it's honesty.

Honesty, the foundation of every relationship. Every friendship, including the friendships of my own. You see, I had a friend, and we were practically inseparable. We stayed like this for some time, but I started to get a feeling. This horrible feeling of my gut sending word to my brain that this person is changing, and this change won't be good for me. Of course I ignored it, but sure enough, I was right. It was becoming more and more clear, like warm fog on a mirror, dripping away as the room cooled off. This person was lying, and the lies spread like wildfire.

When you lie, you affect not only yourself, but the ones around you. Even small lies can take a huge toll on the way your character develops. However, telling the truth does the exact opposite. Not only does being honest make you feel responsible, it takes an enormous weight off of your chest. This is because you don't have to carry any extra burdens, and you aren't constantly worried about the lie and how you're gonna keep it up. This opens up the opportunity for extra-curriculars and self-time, which can greatly improve your well-being.

No matter how good this life may sound to some, others still strive for the exact opposite. There are two leading causes when people lie: The need to cover up a truth, or the need to feel control and power. People who lie to cover a truth oftentimes make it a habit. As they get better and better at telling lies, the things they're trying to hide get worse and worse. This is because they know they can get away with it. People who lie for control and power usually have something else going on. Maybe their parents are going through a divorce, or maybe they're having trouble in school, or maybe more. These people use dishonesty as a form of comfort because they can make their own reality. No matter the reason you're lying, there's no way to avoid the damage you've caused yourself and those around you.

It takes strength and courage to admit the truth, no matter how hard you think it will be, it's worth it. Honesty, the roots of every relationship. A way to trust yourself and others. The way to find your confidence, honesty. The first step to productivity. Every decision, every conversation, every outcome. It means honor, it means truth, it's honesty, and to me, honesty is the most important core value.