

*How to Tell the Truth*

*When you just have to talk,  
try being silent.*

*When you feel reluctant to say  
anything,  
make the effort  
to put what you're feeling into  
words.*

*This is a place to begin.*

*Pushing gently  
against the current  
of your own impulses  
is an effective technique  
for dislodging  
and discovering  
your truth.*

*How to tell the truth?*

*Taste it  
and remember the taste in  
your heart.*

*Risk it  
from the bottom of your love.*

*Take the risk  
of telling the truth  
about what you're feeling.*

*Take the risk  
of telling your loved one  
your secrets.*

*It's true  
you might be misunderstood.*

*Look and see  
if you're willing to trust  
yourselves  
to misunderstand each  
other  
and go on from there.*

*When someone speaks  
to you  
and you feel yourself  
not wanting to  
hear it*

*try letting it in.*

*You don't have to  
agree that  
they're right.*

*Just take the risk  
of listening as if they  
could possibly  
be speaking  
some truth-  
and see what happens.*

*Listen as if.*

*Listen as if you can't  
always tell  
what the truth is.*

*Listen as if you might  
be wrong,  
especially when you  
know you're  
right.*

*Listen as if  
you were willing to  
take the risk  
of growing beyond  
your righteousness.*

*Listen as if  
love mattered.*

*Paul Williams,  
Nation of Lawyers*