

Yes, I think that honesty is the best policy, but I have to say it with some reservations. There are some circumstances which require what I would call a careful honesty or an honesty which should be carefully deployed.

1. TRUST

Honesty builds trust in a relationship and without that trust there is no real relationship. If I lied to my wife about going out every night, she would have no reason to trust me in the future. So mutual honesty creates mutual trust and mutual dishonesty creates mutual distrust. We might gain from distrust in the short-term (think of cases of fraud for example) but in the long-term we can only lose out.

2. CONSEQUENCES

How would you feel if everyone was dishonest with you? You go into a shop and the prices of different products aren't the prices the shopkeeper actually charges; your partner says they're going out with work colleagues but is actually out for meals with someone else; your employer says they'll pay you a fair wage but your salary cheque arrives and it's been halved; your bank says they'll double the interest rate but they've actually charged you instead. Being dishonest isn't very nice and to say we expect it but don't expect to give it is hypocritical.

3. SOCIETY WITHOUT HONESTY

The breakdown of honesty in relationships would end with relationships breaking down and this would result in the breakdown of society. Relationships on any level can't exist without trust, whether in business, the community or personal relationships. And so neither can a normal functioning society exist.

One of the main causes of divorce is adultery. This demonstrates that marriages cannot exist without honesty and society is beginning to break down without that in our relationships.

4. HONESTY REPRESENTS OPENNESS

Honesty in our relationships shows that we are comfortable with ourselves and the people we're in a relationship with. We don't need to cheat and lie but can have open, honest relationships where we can freely express our views.

5. POSITIVE

Honesty can be something positive in our lives which is good and helps build us up. We don't need to hide information or have it hidden from us (think of the effects of politicians hiding information or using political spin), but it should be used to help and encourage us.

6. A REASON TO CHANGE

Another reason to be honest is to encourage someone to change. When I was very young, I used to know a family friend and teacher who didn't wash very often and didn't use deodorant. It was a very difficult situation but my Mum was asked by the school to have a quiet word with her and afterwards she understood the importance of personal hygiene. In this case, the honesty approach helped her to change.

BUT - and here are the reservations I mentioned before - there are certain things we know about honesty before jumping in head first:

1. Honesty needs to be tactfully delivered. There's no point rushing in and telling your wife she looks horrible in that dress or letting your husband know his housework skills are useless. It needs a careful approach to help encourage that change and improvement while still making it complementary - constructive criticism works.

1. Complete 100% honesty sometimes hurts and could spell the end of a relationship. Look for different things to say to get that honesty across because not everyone's thick skinned. There's no need to be horrible, just ease the pain a bit.

When pushed up against a wall, do you look for the space between his legs to crawl out of, or do you push him out of the way? I guess you could also stay at the wall. After all, it isn't going anywhere. Where is the motivation to enhance performance? Is anyone looking? Would they know if you pushed him away like a hero, or if you snuck under him like a coward? He is power. He is security. He is achievement.

Many individuals are taught to be honest through deceit. The righteous man struggles harder than the unjust, and no one's truthful enough to admit it. We all lie, in some form. We all steal, even without knowing it. When it comes to office politics, some of us choose to do what's right, and others choose what's right for their career. Of those that believe in "doing the right thing", are they happier than those that can get what they want? Is being manipulative a skill that should be learned?

"Honesty is always the best policy" was preached down my throat since I was a little. I embraced that philosophy and have allowed it to dictate my life. Particularly, I find it to be my strength and I pride myself in my loyalty in my employers. But I've

recently came to realize that no matter where I am, I am not in the “popular” crowd. When I began to examine the many potential reasons behind this, I began to see a pattern in my work experiences. I do not kiss by bosses’ butt. Let me elaborate. I do not “pretend” to be better than I am, interested in the same things as my boss, nor do I care to make someone else look bad so I will look better. In the end, though, who gets noticed; the great actress, or the real deal?

There are endless workshops, seminars, and self help books on how to get a head in the workplace. It’s no wonder that I didn’t think of it sooner. These workshops aren’t scams; they are a means to teach people how to be “competitive”. This education is priceless for us “old school” who believe that one day all our hard work will be noticed by just being good, honest, and loyal. You have to be competitive to get ahead. It’s part of the game. You have to be better, smarter, friendlier, and yes, you may even have to go to a party or two to get in. You may have to manipulate the situation to get what you want, even if you don’t want to. “Yes, boss, I would love to work this weekend. I have a lot to get caught up on anyway”. Even the most honest person may not be willing to tell the truth, “I hate it when you ask me to work extra hours with no extra pay”.

Are you being honest with yourself? What "little white lies" have you told today. And what "acts of kindness" did you do when you really didn't want to. How can you justify that honesty is the best policy when it is never 100% in practice?

There are three types of individuals. (1) The one who stays at the wall waiting for it to move for them, (2) The one that gives up under pressure and crawls away, and (3) The one that pushes the competition out of the way to move forward? Competition, manipulation, and even dishonesty are part of life. How far you take it is a completely different debate.