

October | Sincerity: Keeping It Real, Keeping It Respectful

Talk Outline

- Do you like hearing good things about yourself? It kind of feels good when someone tells you your hair is pretty or you did such a great job, right? But, what if that person was just saying those things to be “nice” and did not mean them at all? Would that be a good thing?
 - Many of us want to make others happy. One way which seems to work easily is to say something “nice” that we know they will want to hear.
 - This becomes tricky when we keep on saying things we do not really mean or are not true, just because we want this person to feel happy. When we do that, we end up saying things which are **insincere** – or that we do not mean what we say.
 - It is important to say what we mean – to be truthful. Even if we think it will make a person feel good, saying something which is untrue or a lie is never a good thing.
- Does that mean that we can just say whatever we want to say and comes to mind, even if it is hurtful? Can we just say all the things that we think about someone or what they are doing?
 - We definitely want to be sincere – to mean what we say and tell the truth. But it does not mean that we do so to the point of being hurtful. There are many things which are unnecessary to say. That means they do not have to be said to begin with. (For example: “Our car is much newer than yours.”; “Wow, you look like you gained weight!”; “Your ears stick out a lot – did you know?”)
 - We have to be more thoughtful of what we say because there are things which are too personal or none of our business to comment on, maybe it is not the right time to say something, or there is a kinder way to say something in order to help the other person. When we are not thoughtful and consider if we really need to say something, we could end up making the other person feel hurt or embarrassed. It is good to be **sincere and respectful**.
 - If we are not sure whether we should say something to someone, it is a good idea to talk to someone older whom we trust to ask for advice. We could also hold off on saying anything and think about the consequences (what will happen) if we do say what we were thinking to someone.
- Here is a fantastic way to say something truthful and good to someone: **say THANK YOU!**
 - Think of something which this person has done or does which you are grateful for. Maybe this person has helped you in a big way or does something which makes a big difference to you. It is good to **be grateful!**
 - When we consider the good things a person has done or does, it is not difficult to find a reason to thank them. It helps us focus on being sincere and not just saying things to be nice. We really want to say thanks to those who do big and small things which bring about so much good.
- **Points for Consideration:**
 1. Do I consider what I want to say before I actually say them, or do I just let the words come out without thinking about the consequences?
 2. Do I say things just to make someone feel good or because I want them to like me, or do I really mean what I say?
 3. When I am angry or upset, do I say hurtful things without thinking? Do I say unkind or unnecessary things without considering how the other person will feel once they hear them?
 4. Do I think of the good things a person does or has done and thank them, or maybe I do not even think of those things?
 5. Am I aware of and grateful for the help others give me? Do I thank them enough?