

CI Model TruthTelling

CoachingIntentionally™
Model© Element:

Truth Telling

We hear the "truth" so rarely that we are often shocked by the clarity of it.

When living intentionally you can only speak the truth because you are in relation with people, the environment, your self, god - things intimate and ultimate
- (you can't hide so why try)

When living intentionally
you can only speak the truth because you are in relationship, you are simplified, present, and connected with your intimate/ultimate relations (soul/lifeforce) and the truth is the conversation that matters.

Where To Start:

Often truth begins with simplification and telling the truth about yourself.

What am I pretending not to know?

What is really going on here?

What am I not talking about?

Note: There are two ways of being when telling the truth.

- being in relationship telling the truth (responding, heart at peace)

- not being in relationship telling the truth (resisting, heart at war)