

REUNION TIMES



ISSUE SIX

USAREUR MINISTRY TEAM

OEF/OIF

HONESTY HONESTY HONESTY HONESTY HONESTY

Successful Reunion begins now!

The Reunion Times is a series of eight newsletters designed to help deployed personnel prepare for redeployment. The Army core values of *Loyalty, Duty, Respect, Selfless Service, Honor, Integrity, and Personal Courage* are matched in these newsletters by some important family values of *Listening, Demonstrating Care, Rekindling Relationships, Sensitivity, Honesty, Intimacy, and Patience.*



Q: Can I Be Honest With You?

A: As long as you ain't lion!

One of the biggest challenges facing families today is **honest** communication. Without a doubt, honesty begins within understanding and accepting who WE are. We sometimes hide behind a façade, perhaps a "make believe" person that we wish to be.

In family relationships, honesty is absolutely vital. Ideally, the family is the place where we can be ourselves with total acceptance and appreciation for differences and uniqueness without fear of rejection.

INSIDE THIS ISSUE:

- 1 Honesty
- 2 Key Steps in Establishing Trust

NEXT ISSUE: INTIMACY



He was known as "HONEST ABE"

ABRAHAM LINCOLN had the reputation of being honest. He was a man of integrity and courage. Where does honesty come from? The well-known lecturer, best-selling author, and talk show host, *Dr. Phil* (McGraw) tells us, "It takes courage and commitment to be brutally, genuinely honest with yourself." He is referring to understanding and acknowledging one's own weaknesses, liabilities, and failures. Without self-honesty we will not change things about us that require change. It becomes, or is, a huge blind spot.

For example, if I decide to wire a light fixture and know nothing about electrical circuits and wiring, I may be in for a shock. I may have all the right tools, supplies, and all the commitment to the task, but until I get the knowledge and code requirements, I put my household at risk. The process begins when I acknowledge that I don't know everything and that I need some help.

As Dr. Phil says, "You cannot change what you won't acknowledge needs changing!"

Chaplain (LTC) Eric Erkinen

"A chicken doesn't stop scratching just because worms are



Are you tired? Get plenty of rest.
And remember...if you ever need it,
ask for help!

SOME GREAT QUOTES ON HONESTY

Level with your child by being honest. Nobody spots a phony quicker than a child.

Mary MacCracken

Honesty is the rarest wealth anyone can possess, and yet all the honesty in the world ain't lawful tender for a loaf of bread.

Josh Billings

Look a man in the eye and say what you really think, don't just smile at him and say what you're supposed to think.

Anonymous

A boy doesn't have to go to war to be a hero; he can say he doesn't like pie when he sees there isn't enough to go around.

Edgar Watson Howe

Son, always tell the truth. Then you'll never have to remember what you said the last time.

Sam Rayburn

**Remember...if you need some help...
call your chaplain!**

HONESTY IN RELATIONSHIPS...

I think it would be fair to say that many relationships begin without full disclosure, even some deception. After all, when we first meet someone, we often go to great lengths to hide our physical and personality "blemishes". We do not want this new, important person in our life rejecting us or finding fault in us.

It is only natural that we allow them to believe an illusion, at least until we get to know them better. Then we can let them know the "real me". Right?

When it comes to honesty in our family relationships, probably the greatest single challenge is overcoming pride. Selfish pride and arrogance are obstacles in honest communication. Marriage is a journey that has detours, roadblocks, and breakdowns, so be aware of detours and learn other ways to enrich your relationships.

There are some key steps in building strong, solid, honest relationships:

- Honest self-evaluation, faults and all
- Open sharing of goals, values, dreams
- Accepting your partner as a person
- Willingness to grow, learn, change
- Clear and careful communication
- Tolerance and patience
- Forgiveness and graciousness

It's not always easy to get on the same sheet of music, but **don't give up**.

