## Truthful Talk

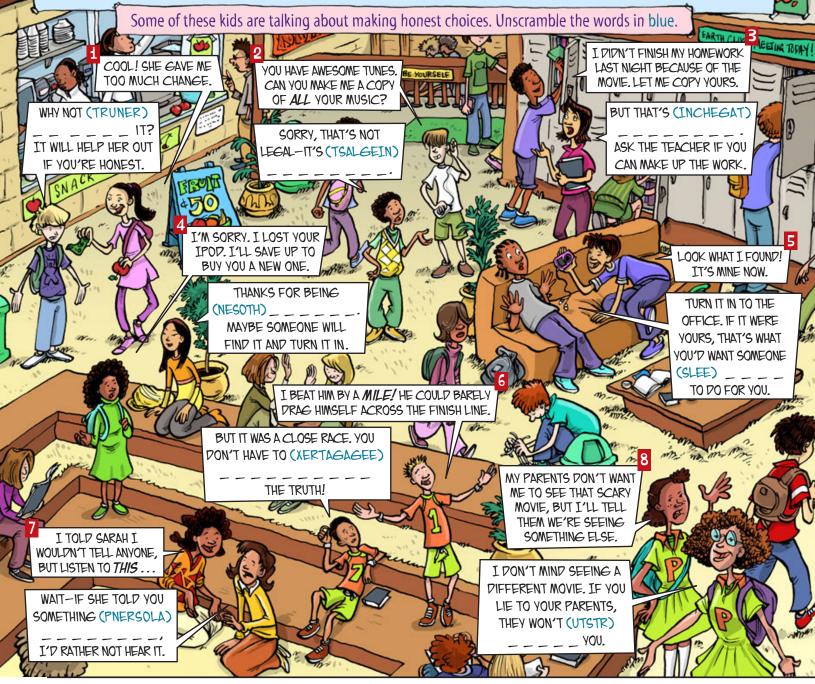
"Truthfulness is the foundation of all human virtues. Without truthfulness progress and success, in all the worlds of God, are impossible for any soul." — 'Abdu'l-Bahá

ou forgot to study for your spelling test—will it really matter if you cheat, just this once? You broke your glasses again—what if you tell your parents it's someone else's fault?

It's not always easy to tell the truth. And it might look like other people get away with cheating or lying. Is it really a big deal? Especially if you don't get caught?

Telling a lie may seem like a simple way to get out of a tough situation. You might avoid getting in trouble or making someone angry. But lying really makes things harder. It can hurt your relationships with friends and family. If someone finds out you're dishonest, it will be hard for that person to trust you.

When you're truthful, people know they can count on you. You admit it if you make a mistake, and you try to make things right. You're honest with yourself, too—you don't try to be someone you're not. And those are qualities you can *truly* feel good about.



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