Session 2: Honesty: Naming What Is True

PHASE 1 — FOUNDATION: SURRENDER AND STABILIZATION (WEEKS 1–2) · WEEK 1 — COMING HOME

Date: _____ My craving today (0–10): _____ One word for my week: _____

What we're learning

Denial rarely looks like a flat lie. It looks like editing — leaving out the amount, blaming the situation, or comparing ourselves to someone worse. Honesty once cost many of us a lot: safety, love, housing, or respect. That is why it feels risky. But the truth is where freedom starts. In this program we practice saying what is true, in plain facts, without making ourselves the hero or the villain of the story.

- Denial protects, then imprisons The same editing that once helped us survive eventually keeps everyone — including us — from knowing what help is actually needed.
- Facts before feelings A factual statement ('I used on Tuesday after the phone call') can be worked with; a verdict ('I'm just a failure') cannot. We practice facts.
- Safe people, right size Honesty is owed first to ourselves, our recovery supports, and those directly harmed — paced with a coach or counselor, not broadcast to everyone.

Goals for this session

- ☐ I can explain how denial functions as protection, not simply lying
- ☐ I can identify one personal pattern of minimizing, blaming, or hiding
- ☐ I can practice a brief, factual honesty statement about my current situation

Check-in

When did you last hear yourself minimize something — 'it wasn't that bad,' 'everyone does it' — and what were you protecting in that moment?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Which form of editing — minimizing, blaming, comparing, omitting — is most familiar to you?

2. What has honesty cost you in the past, and what has hiding cost you?

3. Who are the safe people in your life who can hear a hard fact without using it against you?

4. What is one true sentence about where you are today that you have not said out loud yet?

Session 2 — Skill Practice

In trios, each person shares one factual honesty statement using the frame: 'The fact is _____. What I usually say instead is _____. What I need is _____.' Listeners may only thank the speaker and name one strength they heard. No advice, no fixing. Facilitator models the frame first with a modest, appropriate example.

My honesty statement — The fact is:

What I usually say instead is:

What I need is:

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Keep an honesty log for three days: each evening, write one fact about the day you were tempted to edit, and what you actually said or did. No grading — the log is for you and, if you choose, your coach.

My log for the week:

Day / date	What happened — what I did	Notes

An optional Scripture handout for this session is available from your facilitator on request.