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Setting Secrets Free

by Gloria Thomas-Anderson, PhD, LMSW
Columnist of: Inspiring Insights For Your Soul and Spirit!

In life, there are times you may face the addictive stronghold of storing secrets that can keep you from experiencing quality and wholesome relationships with others. Financial expert, Suze Orman once said, "Lies lead to destruction but truth to creation".

A couple I met recently shared their story of how a secret nearly destroyed their marriage. The husband would go out and stay all night, leaving his wife alone, worried that something bad had happened to him. This went on for many months and she thought he was having an affair. He would not deny it and offered no explanation for his behavior.

One morning he came home after one of his all night escapades

to find her packed and ready to leave him. He realized that he did not want to lose her and decided to expose his dark secret of drug addiction. He had not been with anyone else, but was too ashamed to come home after using drugs. They sought treatment together and now he has been drug-free for nearly 18 months.

When secrets cause you to live lies, destruction is likely to follow. The truth may hurt sometimes, but it also heals. Setting secrets free within yourself and with those who matter most in your life can be the one of the most liberating keys to creating the life you truly desire