

CLEAR

TRUTH

technique

INTRODUCTION

As I'm sure you have heard, communication is the key to any relationship. It's important that you and your partner can be open with each other, otherwise doubt in each other's honesty will cause doubts in the relationship.

More often than not, problems in a relationship arise because one partner feels the other is being dishonest – or a partner feels they NEED to be dishonest in order to keep the relationship alive. Having the tendency to lie to your partner, regardless if you ever get caught or not, is enough to ruin the fabric of any relationship.

When a relationship reforms after a break up, there is a level of skepticism between partners. Although things may feel and seem great, there is a point where the two of you are still “feeling each other out” and making sure everything seems right.

The biggest thing that can unravel a relationship and cause a decay is the feeling that your partner is not being fully honest with you. Many times, we will try to find ways to figure out if our partner is lying to us, causing suspicions within the relationship. We try to find ways to detect lies from our partner but almost always it just comes from insecurities we have within our own relationships.

Truth is, the only thing better than a LIE DETECTOR - is a Lie PREVENTOR. At first we were going to call this the lie detector - but we realized after using this bonus that the technique did not just detect lying alone. We realized it's really a LIE PREVENTOR, which I'm sure you'll agree is much better... This will help you encourage your partner to be 100% honest in all communications.

This is what's known as the 'CLEARTRUTH' technique, and it is the perfect companion for anyone that has just successfully “Rewound” his or her relationship.

Step 1: Use Relationship Rewind first!

Now it is important to realize this technique is best used after you have gotten your partner back using the Relationship Rewind techniques. Cleartruth specifically addresses the skepticism that comes from getting back together post relationship and helps to further strengthen your bond, ensuring a more successful relationship.

Think of Cleartruth as a great way to “start fresh” with your partner, showing them that you want to be fully open and honest with them. This will ultimately lead to a relationship where lying to each other for any reason becomes unnecessary.

Before using Cleartruth, you should be back in the Bliss stage with your partner. This ensures that your partner has regained a level of trust with you - and by implementing Cleartruth, you make sure that trust remains permanent.

The Cleartruth technique works by removing the fear of sharing something either of you may have once lied about in the past. It creates relief by finally being open about it, and then determines what caused the lie in the first place and teaches you how to prevent it from happening ever again. This is why Cleartruth is more of a LIE PREVENTOR than a LIE DETECTOR.

Step 2. Remove fear of judgment, and consequences of being ‘caught’

To properly implement Cleartruth, you need to be honest with yourself even before you are honest with your partner. Remember, this is a person you worked very hard to bring back into your life. And if you are still caught up on previous lies from the past, they are going to hold your relationship back from developing to its full potential.

There is another side to this as well. If you want your partner to be honest with you, and ensure that they do not lie again, you need to make them feel safe that if they share something they've once lied about, that you would not judge them for it. They need to trust that you will not be angry. Letting your partner continue to hide whatever they may want to share deep down, will hurt your relationship until it is brought out in the open. That's why it is most effective to use Cleartruth shortly after a successful Relationship Rewind.

Cleartruth is also especially effective when trust was an issue that had occurred when you first started seeing each other. Lying is a very tricky subject and a hard trend to fall out of so that is why Cleartruth is a great tool to have.

➤ **How to introduce Cleartruth and remove judgment:**

Say to your partner:

“ Now that we are back together and things are going great, I want for us to be fully honest with each other. I've always felt you are someone I can truly trust and I don't want anything to get in the way of that. That is why from here on out I want us to be fully honest about everything, and not have to worry about things we were not open about in the past. So if there is anything that we want to share I think we should just do it now so we can fully wipe the slate clean without worrying about the other person getting mad.”

It's important to imply to your partner that you think the two of you should be honest about any past lies to help strengthen the relationship. It should be clear that no judgment would be imposed on the other person for sharing. By setting up this dynamic, not only will your partner respect you and trust you more, but they will also open up, further increasing their trust in you.

Step 1. YOU GO FIRST: Be honest with yourself and confess your own lies from the past

This is an important first step. If you do not open up first, your partner will be very hesitant to confess any lies. In fact, if you do not go first and share your own lies, it will seem like you are trying to catch your partner confessing a specific thing. They may feel like this whole thing is a trap and end up losing trust in you.

To properly establish your partner's trust and confidence to confess any previous lies with you, you need to be willing to go first and not worry about judgment or consequence. Approach it as something you feel silly for lying about, and you don't want to keep any secrets now that you are back together. Doing this will strengthen the bond between the two of you because your honesty is coming from the desire to make the relationship the best it can be.

Here is an example: “I know this may seem silly, but I just want to be fully honest with you and there is a particular instance when I was less than honest with you in the past, and I want to share it with you now so you know that there is nothing I feel we should hide from each other...

...A couple months back, we were supposed to hang out when I got out of work. You wanted to see a movie, I didn't want to say anything, but I really just was not in the mood to go see a movie. I told you I had to help my parents move some things out of their house, but I actually met up with a couple friends I had not seen in a while. I know it seems like a dumb thing to lie about, looking back I don't even know why I did it, but it's something I felt bad about and want you to know these dumb little lies are not even worth keeping because being honest with you is what is important to me."

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When confessing, use your judgment. If you know there is something that will specifically upset your partner, it is best not to share it. However, confessing a lie that is not a big deal will help strengthen and show your commitment to the relationship.

Step 2. Ask your partner to admit something small. Reward each confession.

Now it is time for your partner to share something. Remind them that you will not be mad at them and that doing this is a way of being fully open with each other. You can get your partner to open up by saying something like:

"I want you to feel like you can be fully open with me as well. Is there anything you want to be honest about? I promise I won't be upset. Just so you know, opening up about that one small thing just felt so great even though it seems so silly. I want you to know that us being honest with each other will always outweigh anything that we were dishonest about in the past."

Allow your partner to open up, and be supportive and encouraging the whole time. When they share something, say how happy you are that they could be open with you. You can even laugh off some of their lies, comforting them that it was a situation that they did not need to lie about in the first place. By sharing things you were dishonest about in the past, you can actually learn a lot about your partner and how they think you will react to certain things. Often times you will find that certain actions or lies were done out of passion simply because they didn't want to tell you something that may upset you.

Step 3. Determine the emotional 'juice' your partner was getting from the lies and provide it to them in other ways.

This last step is the part that PREVENTS any future lies. At this point, you and your partner have taken turns sharing anything that you were once dishonest about. This process alone should be a huge relief alone and create a stronger bond as long as you remembered to refrain from passing judgment or consequence.

Now the key to making sure these lies do not happen again is to determine the emotional 'juice' your partner was getting from telling the lie. This means essentially understanding the reason for the lie. Once the emotional reason is found, you can find other ways to fill this emotional void, ensuring that it never happens again.

There are many reasons we lie to our partners. Many think it is because we have done something, or want to do something, that we feel our partner will not approve of. So we lie about it to avoid drama or an argument. The funny thing is, the whole reason for the lie is because we care about our partner so much that we

do not want to upset them by admitting the truth. But ultimately, keeping these things buried can and will really hurt a relationship.

The reason for lying could be much deeper than just not upsetting your partner. There is an emotional reason that what they have done is something they feel they need to lie about. Once you find the emotional reason, make an effort to fill that void.

***Some examples include:**

Lie: Lying about going to hang out with friends.

Emotional ‘Juice’: Needs to get away, partner does not like your friends, does not want to seem “whipped” in front of friends.

How to Provide for it: Encourage a night for your partner to go out and hang out with friends. Suggest something that you heard about that they would like to do.

Lie: Lying about being interested in something you like.

Emotional ‘Juice’: Wants you to like them more by putting their own values aside.

How to Provide for it: Take an interest in more of your partner’s activities. Establish things that are fun for both of you to do on your own, while establishing other things that are better for you to do apart.

Lie: Lying about hanging out with someone of the opposite sex, especially someone you do not want them hanging out with.

Emotional ‘Juice’: Likes to feel desired by members of the opposite sex outside of the relationship. Does not want to feel tied down to hanging out with members of the opposite sex just because they are in a relationship.

How to Provide for it: Do not come off as threatened by the other person. This will only strengthen your partner’s desire to see them. Instead, try suggesting something where all of you hang out

together and become friendly with that person they are hanging out with. This will ease your concerns, while taking away guilt your partner has from hanging out with that person. This is good because guilt is the reason for the lie. Be comfortable with your partner socializing with members of the opposite sex. You have a relationship built on trust now and you need to start acting like it.

There are millions of situations and lies that could be brought up. The point is to have your partner feel open with sharing them in order to strengthen the relationship. Reward your partner for the things they share and dishonesty in your relationship will become a thing of the past. Just remember to try and understand why your partner felt the need to lie about that aspect and begin to provide ways that remove the need and temptation to lie again in the future.