

QUOTES, QUIBBLE, QUESTION

59TH EDITION

FROM
THE
COACHING
GUY

WELCOME

This week, let's dive into a topic that resonates deeply with our personal and professional lives: speaking our truth. How often do we truly express what we feel, what we need, or what we want?

Setting boundaries and being clear about our needs isn't just a nice to have skill, it's essential for our mental well-being.

Recently, I had a moment of reflection on my own mental health. Last Friday, someone asked how my business was going, and for the first time, I chose to open up honestly. That simple choice reminded me of the power in speaking my truth and how much it impacts my mental clarity and connection with others.

QUOTES

"The truth will set you free, but first it will make you miserable." [James A. Garfield](#)

"Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others." [Brené Brown](#)

"Your time is limited, so don't waste it living someone else's life." [Steve Jobs](#)

"The most courageous act is still to think for yourself. Aloud." [Coco Chanel](#)

Q U I B B L E

Speaking your truth, even when it's uncomfortable, builds trust, confidence, and strong boundaries. It enables us to live authentically and creates healthier relationships by establishing what we will and won't accept. Living honestly aligns our inner self with our outer actions, boosting our mental well being.

There's a counterargument that too much honesty can come off as blunt or insensitive. Some say that in certain situations, specially professional ones, speaking our truth can create conflict, jeopardize relationships, or even hinder career growth. The argument here is that diplomacy sometimes trumps raw honesty.

The key lies in finding a balance. Speaking our truth doesn't mean we abandon empathy, diplomacy, or kindness. It's about expressing our needs and feelings with respect for ourselves and others. Practicing tact and timing can make all the difference, allowing us to honor our truths without straining relationships or causing undue tension. Here are some practical tips to support you in speaking your truth.

1. Start with Self-Reflection

Get clear on your truth: Take a moment to understand what you truly feel or want. Reflect on your emotions, desires, and boundaries to be sure about what you want to convey. Clarity will make it easier to communicate confidently. **Ask yourself "why" this is important:** Knowing why you feel a certain way helps you convey your truth without feeling defensive. It also builds a stronger foundation for your honesty.

2. Use "I" Statements

Speak from your perspective: Frame your truth as your personal experience by using phrases like "I feel," "I need," or "I think." This shifts the focus from blame or accusations and helps others understand your perspective without becoming defensive.

3. Choose the Right Time and Place

Timing matters: When it comes to sensitive truths, timing can make a huge difference. Try to pick a time when both you and the other person are calm and receptive, rather than bringing up difficult topics during stressful moments. **Create a safe space:** Find a private, comfortable setting where both of you can speak openly without distractions. This makes it easier to connect honestly.

4. Practice Active Listening

Listen to understand, not to respond: Expressing your truth is only part of the equation, listening actively to the other person is just as important. Try to understand their perspective and validate their feelings to foster a respectful, two way dialogue. **Acknowledge emotions:** Showing empathy for how the other person feels can build a supportive environment, even if they don't fully agree with your truth.

5. Be Prepared for Discomfort

Accept that it might be uncomfortable: Speaking your truth, especially if it involves setting boundaries, can lead to discomfort or tension. Recognise that it's okay to feel nervous or uncertain, it's a sign that you're growing. **Remember, discomfort is temporary:** The short-term discomfort often leads to long-term clarity and healthier relationships.

6. Start Small if You're New to Speaking Your Truth

Practice on smaller issues: If speaking your truth feels overwhelming, start with less intense topics where the stakes are lower. Build your confidence gradually, and you'll find it easier to address more challenging truths over time. **Acknowledge your efforts:** Every time you express yourself, celebrate the courage it took. These small wins add up and build your confidence.

7. Trust That You Can Handle the Outcome

Let go of the outcome: Speaking your truth doesn't guarantee that others will respond positively, but it does guarantee that you're standing up for yourself. Trust that you can handle their reaction, even if it's not what you hoped for. **Focus on growth over approval:** Shifting from wanting approval to prioritising personal growth makes it easier to accept others' reactions without feeling hurt or discouraged.

Q U E S T I O N

“How comfortable are you with speaking your truth?”

This week, think of one area in your life, whether it’s with a friend, family member, or colleague, where you could benefit from expressing yourself more openly.

“What steps could you take to make that happen?”

Curious how I can help you? Then book a free consultation, link in my bio. Or if you like my content and want this sent straight to your inbox every Monday, subscribe to my newsletter by visiting www.thecoachingguy.co.uk

T H A N K S

For reading this week’s newsletter.

If you have other subjects that you would like to hear about, drop me an email at

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