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Importance of truthfulness

The word truthfulness refers to a moral character of human being, related to telling the truth. This character may sound simple and normal but it is the most important and basic character that a person should possess. This is the reason why children are taught from their smaller classes only to be truthful to everyone. But is this character is being really possessed by everyone? I guess the answer is no. Truthfulness doesn't mean to be truthful only towards others but to ourselves also. With time as we grow old we slowly start behaving according to the people and the society and so we start lying to ourselves.

We suppress our choices and thoughts for the sake of others' choices and make their choices our final one.

We show everyone that we are very content, even when we are so disturbed and stressed. By doing this we are faking ourselves. This process not only makes

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you lie to your inner self but also affects your mental health. For this reason it becomes very necessary that we don't lie and be truthful.

Now, if we talk about importance of being truthful to others, it is one of the most important trait needed for the society. For example, we see this even in courts, that we require witnesses to swear to tell the truth. This shows that truth is the basis of delivering justice.

The person who speaks the truth is believed by everyone as he has a truthful image in society. A truthful person always prints himself and his thoughts very clearly ~~on~~ in front of everyone. He stands on the promises he made, he never stucks in any situation where he is proved a ~~liar~~ liar, and so truthfulness is beneficial to an individual and also to ^{the} society as a whole. People should always try not to lie, as Buddha once said "Three things cannot be hidden, the sun, the moon and the truth."