

## **Getting Real - Practicing Honesty in Relationships at First Class in DC**

Posted At : April 17, 2007 7:43 PM | Posted By : Michael Smith

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I am teaching a class "Getting Real - Practicing Honesty in Relationships" at First Class in DC. BTW First Class has a lot of interesting personal growth and adult education classes in evenings and weekends. Check it out!

You can learn skills that make honest communication safer and more fun. Most people are afraid to be totally honest due to the fear of damaging the relationship, creating a hassle, or hurting someone's feelings. But when you learn to put your attention on your own "here-now" experience rather than worrying about the outcome, you discover the real source of personal power and self-trust. You will participate in fun exercises that include playing an honesty game. You will explore: practices that support living in the here-now experience, the difference between your senses and your mind, how to express anger and sadness without trying to control the other person, and how you can transparently label your intent.

"Presence is what makes you radiantly alive, confident and attractive. The key to presence is honesty."