

The TRUTH about LIES

Why we need them...

When it comes to truth and honesty, men and women finally agree on something. Both sexes (51% of women and 41% of men) agree that “trust/honesty” are the values that matter most to them in a relationship. But don’t let this statistic push you into confessing every little thing you have ever done. Surprisingly, when it comes to little white lies, 63% of both men and women agree on something else — lies are sometimes okay.

We’ve all heard the saying, “Honesty is the best policy.” But how often is that really the case? There are some situations where telling the truth is a no-brainer, other instances where lies seem to be the best solution, and still other times where the line between truth and lie is a bit fuzzy. Read on for some suggested “to lie or not to lie” recommendations from the Romance Experts at Harlequin.

THE SITUATION	TO LIE OR NOT TO LIE	WHY?
You are on a first date that is NOT going well and all you want to do is get out of it.	LIE	If you are not in a relationship, the honesty card doesn’t carry as much value. If you know it’s not going to happen with this person, politely end the situation even if you need to lie a little to make a clean break.
You went out for dinner with your ex last night and failed to mention it to your significant other.	DON’T LIE	A phone call or text message here and there is safe, but lying about going out in public—with plenty of witnesses—is bound to turn ugly.
Your girlfriend just asked you for the millionth time —“Do I look fat in this?”	LIE	There is no good way to get out of this age-old question. But one thing is sure: if you have any doubt—don’t be afraid to fib! A perfectly acceptable (and relationship-saving) substitute is —“Honey you look great in everything.”
You made plans to go to the movies with a friend last week, but had a horrible day and just want to stay in.	LIE	While we don’t suggest turning this into an everyday occurrence, if you really don’t feel like going out, a little white lie will do. Just be warned, you run the risk of turning into the friend who always cancels if this turns into a habit.
When asked about your sexual history.	DON’T LIE	While it’s safe to leave out your one-night stand record, it’s not safe to lie about any past encounters that may impact the health of your new significant other.
Your best friend just asked what you think of her new boyfriend.	LIE	Trashing a friend’s significant other is a sure-fire way to strain a friendship. We prefer to follow our golden rule—keep your opinions polite until your friend starts doing the hating. Even then, chime in with caution.
You partied too hard this weekend and just need one day off from work.	LIE	While we advise against turning this into a habit, a personal day here and there never hurt anyone.
On a resume or in a job interview.	DON’T LIE	If you don’t have what it takes to get the job done, save yourself the embarrassment and do not embellish your professional abilities.