



- 诚实在促进人际关系时是很重要的但是做到坦率说起来容易容易做起来很难。
- 接受真相有时是需要勇气的所以说实话很伤人的。
- 诚实可以让我们建立互信，这也是交友的根基所在。
- 和那些总是愿意敞开心扉的人相比，那些倾向于隐藏自己的人通常不容易被信任。
- 离异的父母总是不告诉孩子他们的婚姻状况其实是不尊重他们的孩子，孩子有权知道这个真相。



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Honesty is highly valued when it comes to establishing interpersonal relationships but being straightforward might not always be as easy as it sounds.

- 接受真相有时是需要勇气的所以说实话很伤人的。

Accepting the truth sometimes takes courage so telling truth is hurtful in many cases.

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Being honest helps us build mutual trust on which most friendships are based.

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Compared with those who are always willing to open their hearts, those who tend to hide something from others are more often treated with distrust.

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Divorced parents who lie to their children about their marital status do not show respect to their children who have a right to know the truth.

