*Directions: Read the question below. You have 30 minutes to plan, write, and revise your essay. Typically, an effective response will contain a minimum of 300 words*

*题目原文：*

*Do you agree or disagree with the following statement? Always telling the truth is the most important consideration in any relationship between people. Use specific reasons and examples to support your answer.*

ln my opinion, honest is the most important merit that people could have, so does telling the truth the most important consideration in any relationship between people.

Telling the truth means "telling from your heart", which requires someone to face the reality and his/her own emotion although the truth may hurt himself/herself and impair one's interest. peolpe 集体名词用复数

There are many advantages of being honest. On the one hand, it can make yourself grasp the whole situation and reduce the possibility of misunderstanding. On the other hand, it is a basefor effective cooperation. In addition, telling the truth is the basic principle of trust between people, and trust is the most significant thing that a friendship should have.

However, if someone doesn’t tell the truth, several disappointed consequences may occur! First, your life will enter a status of "high energy" which means low stability, because even a tiny thing, in your life everywhere, has the competence to discover your fraud and makes you very embarrassed. Second, this will increase the possibility of a trust deficiency between you and your workmates, which leads to a definitively negative influence on working. Last but not least, if you do not tell the truth, a perception you may have is "everyone lies to me", which can make you very sensitive and even cause disease.

The way of telling the truth is as important as telling itself. To communicate with your friends effectively, you need to notice your tones of speaking, like being peaceful and steady. What's more, an appropriate circumstance can be helpful, especially when you are going to tell your friends a tragedy or your own mistake.

As a proverb says, "millionaire cannot buy the integrity". Telling the truth is the most important thing in any relationship. One should keep this opinion in heart and do it using a correct method.