1. Selectively sharing information should not be considered lying. For a long time, I believed that everyone was entitled to my whole self, all the time, and anything else should be considered lying. As I got older, and hopefully wiser, I learned, and was told, that I did not always have to share everything with everyone. I think that if you are not intending to deceive, not sharing the whole truth with the internet is not necessarily lying. A curated Instagram page, where someone only posts photos of themselves in the gym, is not considered lying, even though that person has only shared themselves working out. We know that they do not live in the gym, and we know that they eat, but no one claims that this person is a liar because they do not share that information with everyone.

As another example, we often have things we would share with people at work, but we might not share everything with our co-workers. Not sharing all my health issues with my co-workers does not make me a liar. I may not be comfortable sharing everything with everyone all the time, and people should be able to have healthy boundaries in terms of what information they share with others.

2. In general terms, I think we are more likely to lie to those close to us. We spend more time with those people, and as the saying goes, familiarity breeds contempt. Even if we do not deliberately lie to hurt those close to us, we certainly tell many 'white lies', even if it is just about how we are feeling that day. I also think that our society has taught us to be on better behavior around

3. I absolutely maintain a separate public and private image. I am careful about what I post on social media, and some of the things that I share with friends, I would not post publicly. The internet does not need to know about what weird thing I found on YouTube, and thought was funny. I believe that having as small an online footprint as possible is important, and thus limit what I publicly post. I think many problems people have today, where problematic posts from 10 or more years ago are dredged up, could be avoided by just not posting anything. By minimizing what you post, you can minimize the chance that you regret what you post.