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**Truth**

**What Truth means to our Alumnae:**

“To me, truth is about being true to yourself and to your sisters. It's about reflecting on who you are and your experiences, so you can use your truth to be your authentic self and to strengthen your relationships. In Theta Phi Alpha, we use truth to reflect on what is best for the Fraternity and what our sisters need, so we can be good leaders and good sisters.” - Jessica Knerr, Alpha Psi

“Truth to me means being truthful to yourself. It’s not just about *being* yourself, but about *being honest* with yourself. Acknowledge the good and bad. Take time to learn and better yourself. Admit when you make mistakes, say you’re sorry, and take away something positive from that experience. The sky is the limit on how much knowledge and self-discovery we can acquire.  There is always opportunity to learn and better yourself, and that keeps you honest and truthful to yourself.” - Lauren Svec Gallo, Beta Beta, NVP – Alumnae

**Activity:**

Dr. Brené Brown is a top selling author, researcher, storyteller, and Texan. In reading Dr. Brown’s blog: *Clear is Kind. Unclear is Unkind*., *Dr. Brown* talks about choosing courage over comfort as a best practice when telling the truth. Please read Dr. Brown’s blog post, [please click here](https://brenebrown.com/blog/2018/10/15/clear-is-kind-unclear-is-unkind/) (it will take approximately 5 minutes).

Question for reflection:

* Think of a time you have been ‘unclear’. After reading Dr. Brown’s blog, how could you respond differently to that situation in the future?