

# Do You Keep Secrets for Good or Evil?

My arsenal of secrets include my own and those that have been shared with me in confidence. They range from the innocent, like who's had botox, to the more serious...sorry, I can't share an example of that with you. One thing I learned with coaching is the importance of sharing your deepest, darkest secret with someone you trust. Keeping it locked in can often cause a myriad of problems. It may perpetuate negative behaviour due to feelings of shame or anger. The act of simply sharing may be new to you and open up the relationship between you and your confidant. If you find yourself with such a destructive secret and are able to share it I congratulate you on your courage. What I suspect is that the secret is usually something you did in the past (or was done to you) that you feel shame or regret over. It is not who you are today. We often are concerned about what others will think of us if they find out the truth. My guess is the person you chose to share this part of your life with knows exactly *who you are* today. And she is brave, honest, and real.

What if you are the confidant to many? Can it get to be too much? Over the years I've been told many secrets and admit to at times feeling very overwhelmed and nervous I'll accidentally spill the beans. I wish I could say that I have a rock-solid-throw-away -the-key steel trap and have never erred, but I have. When I look back at times I broke a trust I feel gossipy and totally unworthy as a friend. These feelings have made me look very seriously at the area of Secret Keeping. I now keep two things in mind; how would I feel if someone told my painful secret? And how completely honoured I am to be chosen as their confidant. If you feel that you are unable to keep a secret (and you know who you are) please do your friend a favour and tell them straight up before they bare their soul. Then, it's their choice.

How do we choose this person that will help free us from our self imposed prison? When choosing a confidant I believe it's important to look further than just whether or not this is a person *you* can trust and that *you* feel comfortable sharing with. We must look at the relationship he or she has with any parties involved as well as their belief system. It is imperative that we carefully ponder any possible repercussions that may result from letting this screaming cat out of the bag. It simply isn't right or fair to lift your burden and then plop it on the shoulders of someone you love. Muster up your best Jack Nicholson and ask yourself "Can they handle the truth?"

Is keeping an innocent secret as important as keeping a serious one? Yes, it's all about trust and sometimes I think we're being tested. If you can't keep the secret about your friends newly found perky breasts than how could you possibly keep their deepest secret? But, I will say that sometimes we screw up innocently. Two weeks ago my sisters and I threw a birthday party for my mom and my sister from Kelowna was coming down to surprise her. I may have accidentally mentioned it to my dad but I insist it was innocent and not meant to blow the surprise. Thankfully, my sister forgave me as I hope she took into consideration my *intentions*. They were for good not evil.

I am going to continue to wear my Yummie Tummie and trick you into believing my muffin tops have miraculously fallen off. I'm OK with that. But, I am taking stock of the secrets I keep that may result in unhealthy behaviour or perpetuate an image I am trying to portray that isn't real. Now, I just have to find the Secret Keepers in my life...luckily I have a few.