

CHARACTER IN MARRIAGE SERIES:
A character-based counseling resource for couples.

THE HONEST HUSBAND

*Building Trust Through
Truthful and Courageous Living*



LOVE CAN LAST
RESOURCES

What Is Honesty?

When my spouse demonstrates honesty, I experience **trust and confidence**.

Honesty means communicating truthfully and transparently, even when conversations are difficult. I don't have to wonder what is being hidden, minimized, or distorted.

An honest husband understands that trust grows when **his words and actions consistently match**. He tells the truth about what matters to the relationship, takes responsibility when he is wrong, and doesn't protect his image from the truth.



THE BIG IDEA

*Honesty
puts trust
at the center
of our
relationship.*



Honesty Builds Trust

Trust grows when my wife knows she can believe what I say and depend on what I do.



My words can be believed.



My actions can be counted on.



The truth doesn't have to be discovered—it can be trusted.



REFLECT

Does my wife experience me as someone she can trust with the truth?

When Honesty Is Difficult

Honesty is easy when the truth costs us nothing. It becomes a test of character when telling the truth could cost us comfort, approval, freedom, or pride.

In those moments, we can be tempted to protect ourselves instead of protecting trust.



Honesty requires a different choice.

I choose trust over self-protection.



What Can Get in the Way?



Protecting My Image

I hide, minimize, or reshape the truth because I don't want my spouse to see me differently.



Avoiding Discomfort

I withhold the truth because I don't want to have a difficult conversation.



Protecting My Independence

I keep things to myself because I don't want to feel controlled, questioned, or accountable.



Defending My Pride

I make excuses, shift blame, or become defensive rather than simply acknowledging what is true.

When I am willing to tell the truth—even when it is uncomfortable—
I communicate something important to my spouse:

*You can trust me with the truth,
and you can trust me to give you the truth.*



REFLECT

What most often gets in the way of me telling my wife the truth?

Four Expressions of Honesty

Honesty becomes meaningful in marriage when it moves beyond simply telling the truth. It is expressed in the way I communicate, the way I respond when I am wrong, and the consistency between what I say and what I do.

1



Truthfulness

I tell the truth.

I communicate what is true rather than lying, distorting, exaggerating, or saying what is simply convenient. I am honest about what I have done, what is happening, and what matters to our relationship.

2



Transparency

I don't hide what my spouse should reasonably know.

I willingly share information that affects our relationship rather than withholding it, concealing it, or making my spouse discover it on her own.

3



Accountability

I take ownership of what is true about me.

When I make a mistake, break a commitment, or contribute to a problem, I acknowledge it without excuses, blame-shifting, or defensiveness. I don't protect my image from the truth.

4



Consistency

My actions match my words.

I follow through on what I say and allow my behavior to reinforce my words. When my actions and words don't match, I acknowledge the gap and work to make it right.

Honesty in Everyday Choices

Honesty is not usually tested in dramatic moments. It is built through the small choices I make every day—especially when telling the truth is uncomfortable.



When I Make a Mistake

I acknowledge what I did rather than hiding it, minimizing it, or hoping my spouse won't notice.



When I Disappoint My Spouse

I resist the urge to make excuses or shift blame. I can admit when my choices have hurt or disappointed her.



When Something Is Difficult to Discuss

I don't avoid an important conversation simply because it makes me uncomfortable. I choose to be honest and stay engaged.



When My Words and Actions Don't Match

I acknowledge the inconsistency rather than defending it. I take responsibility and work to bring my actions back into alignment with my words.



When I'm Tempted to Hide Something

I pause and ask myself what I am protecting—and whether protecting myself is worth weakening trust.



*Every honest choice tells my spouse,
"You can trust me with the truth."*

What Does My Wife Experience?

Honesty is not only about what I say. It is about what my wife experiences when she can trust that my words and actions reflect the truth.

When I am truthful and transparent, my wife doesn't have to wonder what is really happening, what I may be hiding, or whether there is something she will discover later.



Trust

"I can believe what he tells me."

My wife can trust that my words accurately reflect what is true.



Confidence

"I can depend on what he says and does."

My words carry weight because my actions consistently reinforce them.



Peace

"I don't have to worry about what he may be doing."

My transparency reduces the anxiety that comes from wondering whether something is happening that I don't know about. She can have confidence that important things are not being hidden from her.



Respect

"He trusts me enough to tell me the truth."

I give my wife the dignity of honest communication rather than deciding that the truth is too difficult or uncomfortable for her to handle.

Begin the Practice

Honesty grows through ordinary choices. It is built each time I choose truth over self-protection, transparency over secrecy, and courage over avoidance.

I don't become trustworthy through one big decision. I become trustworthy through the consistent choices I make when the truth is uncomfortable.

Practice Honesty This Week

1 Tell the Truth

Identify one thing you have been avoiding, minimizing, or leaving unsaid. Choose to communicate it honestly.

2 Choose Transparency

Ask yourself: Is there something my wife shouldn't have to discover on her own? If there is, choose to bring it to her.

3 Own What Is True About You

Think of one mistake, broken commitment, or area where your actions haven't matched your words. Take responsibility without excuses or defensiveness.

4 Follow Through

Choose one promise or commitment you have made to your wife. Keep your word and let your actions reinforce what you have said.



My Practice

The honest choice I will make this week:

What I will do:

What I hope my wife experiences: