

# Know the Game: Honesty

I want to be loved.  
I want to be liked.  
I want to be wanted.

So what do I do?  
I give them what they want.  
They want me to listen  
I listen.  
They want me to be honest  
I am honest.  
I tell them of my inner conflicts  
I tell them of my pains  
I tell them of my fears, my needs  
I tell them of my frustrations  
Of my feelings of unworthiness  
Of my guilt  
Of those things of which I am ashamed  
And that I am ashamed of them.  
I tell them that I too am sometimes afraid  
Afraid of those who seem more worthy  
More beautiful, more intelligent, more powerful,  
More confident, richer, more positive  
More in control of their lives, more successful  
Funnier, happier.  
I tell them I have goals  
But that I may never achieve them  
I am too afraid to take risks  
I am afraid that I may fail  
I never start.  
I tell them I can't break out  
I don't want to do things my mother won't like  
But I want to do them.  
I tell them I'm trapped  
And that I know I am and that I must escape.  
I tell them my fantasies  
I tell them that I masturbate  
And that I pick my nose.  
All these things are true.

And they say You're honest  
And they say, I feel the same,  
And they like me.  
They can tell me about themselves

Knowing that I will not abuse it  
Or scorne them, or laugh at them,  
Or criticize them, or put them down.  
They tell me of their weaknesses  
Of their fears, of their feelings of inadequacy.  
They know I understand.  
They search me out.  
They like me.

But I feel in control  
I know what to do to make them like me.  
I give them what they want  
I give them honesty  
I show them that I am just like them  
But I feel I am better than them  
As I am honest from choice  
And for my own ends.

So I tell them that too  
I tell them I feel better than them  
And that also I see that I am not  
I tell them that the reason I am honest is so that they like me  
I tell them I need to feel in control and feel powerful  
And tell them that that is why I tell them the things I tell them.  
I tell them I feel I am manipulating them.  
All these things are true.

And they say, You're honest  
And they like me.

So I tell them that my saying I manipulate them  
Is part of the manipulation.  
I tell them that I tell them because I believe they will then feel  
    I respect them  
And because I think they will like me for being honest  
I tell them that I do this because it works.  
And because I find that people like me when I do this  
I tell them I do it because there is status in being a really  
    honest person  
People think I am strong because I can be so honest.  
I tell them that this is my status game,  
I tell them though, that I am not perfect  
That some people are threatened by me and dislike me.  
That sometimes I'm defensive when others see me in a way that I don't  
    want to be seen

That sometimes I'm defensive when what I say is interpreted in a way  
I don't want it interpreted  
I tell them though that I will admit to any fault  
And that that is the ultimate defense.  
I tell them that this is my game of how to be liked  
I tell them that I feel it is a game because I feel I'm playing  
And that in this game they cannot be defensive  
Because I am not attacking  
And they will not attack because I do not threaten.  
All these things are true.

And they say, You're honest  
And they like me.  
So they are good to me  
And I like them.  
They say, I wish I were like you  
And I like them more  
But do not return the compliment  
Because I'd rather be like me  
And I can tell them that too.

E.F. Prudence

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## Spotlight on Psychosynthesis

### *Further News.*

We have had a very warm response to our Psychosynthesis issue. People have been asking, among other things, where they can do it. Details below:

Roger Evans, of the Mill Hill Institute of Psychosynthesis, has been in touch to say he will not be contributing an article on the work of the Institute as we had hoped.

Ron Shepherd wrote in with interesting news of the work in Psychosynthesis he is doing at Staines. The North Surrey Positive Health Education Centre is affiliated to the Staines Adult Education Centre, and uses Psychosynthesis as a basis for the exploration of personal and group relationships. From this, he has been branching out into massage, movement and dance and sex education. This seems a useful demonstration that psychosynthesis does not ignore the body or relationships but that its insights can be creatively extended into these areas.