**Honesty and Friends – By Gabi Hlevner**

 **Each of us had a moment in our lives when we debated with ourselves whether to tell our friend the truth, would the truth we tell him hurt him in such a way?**

 **In my opinion, we must be honest with our friends in every situation. But one must pay attention to how we transitions the message. We must express our opinion in a way that respects the other side. For example: When I want to say my opinion to a friend, I use the sandwich method. The method first start with a positive compliment. Then, we say our opinion and to finish we compliment each other in order to soften our opinion.**

 **First; friends should not lie to friends. Besides family, friends are some of the most important people in our lives and it is necessary for friends to be honest with one another. Friends are the ones that are there for you in any situation. Through the ups and the downs, makes ups and break ups, and whatever it may be, most people turn to their friends and they are there to lend a helping hand. Friends are the ones that will do crazy stuff with you and bail you out in the end. Friends bring out a side of ourselves that we sometimes are too afraid to show or do not know we even have.**

 **Secondly, Studies have shown that people who have adopted the value of honesty in their daily lives regularly are healthier. When we keep something in the stomach, this can cause unnecessary stress. By telling a simple truth, we can avoid diseases such as high pressure, diabetes, abdominal pain or headaches. In other words, by telling a simple truth, we can prevent ourselves from a future of diseases, thereby earning twice as much, both living a healthier life and being more honest.**

 **In conclusion honesty is important to succeed in every part our life. Being known as an honest person is one of the highest honors you can achieve in your life time.**