

Self-Reflection on Lying and Stealing

Krech points out that many who attend his Naikan retreat experience their most profound revelations when reflecting on lying and stealing.

The following exercise is useful for exploring your transgressions and is modified from the guidance given by the Senkobo Naikan Center in Japan (Krech, 2002).

Consider the following (modified from Krech, 2002):

Lying

- Have you told others something that was not entirely truthful?
- Have you failed to keep promises, commitments, etc.?
- Have you acted in ways that caused others not to trust you?
- Have you misled or deceived others?
- Did you sell or exchange something defective, or you were not entirely truthful about it?
- Have you acted in a way that led others not to trust you financially?

Write your answers in the box below:

Stealing

- Have you seen things you were not meant to see?
- Have you listened in on things you were not meant to hear?
- Have you taken things that did not belong to you?
- Have you stolen other people's time?

Write your answers in the box below:

When we reflect on the questions, it is clear that we are all guilty of lying and stealing, and we can benefit from reflecting on what and when we have done wrong.

References

- Krech, G. (2002). *Naikan: Gratitude, grace, and the Japanese art of self-reflection*. Berkeley, CA: Stone Bridge Press.

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