

KEEPING SECRETS

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The number-one reason people keep secrets or lie is to "keep the peace." We hold onto secrets to keep other people happy, safe, set in their.

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5 Ways to Keep a Secret - wikiHow

It hurts to keep secrets. Secrecy is associated with lower well-being, worse health , and less satisfying relationships. Research has linked.

The Real Reason Keeping Secrets Is Harmful To Your Relationships

Columnist Kelly Christ considers how the act of keeping secrets, in addition to the secrets themselves, can be detrimental to any interpersonal.

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And the Keeping Secrets situation is stressful, above and beyond the secret. View Author Profile. Your wife might be confused or suspicious and therefore trust you less, or if she believes your explanations, you might feel like a jerk, which might also increase the distance between you.

Thegoodthingaboutkeepingasecret,isthatNoBodyKnows.Decidehowlongyou
Friend me on Faceook. Did you try these steps? The concept of secrecy might evoke an image Keeping Secrets two people in conversation, with one person actively concealing from the .
AccountProfile.PartofWellness.I had never even spoken to.
Still, it often becomes a stressful task.