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## What is Truth?

I believe the meaning of truth is the real facts about something, for example the sun is hot is the truth because it can be proven. I think that when it comes to a situation where truth and fairness comes in, truth is more important than fairness. Truth can also be used to build better relationships because honesty builds trust. On the other hand I think that the truth isn't always beneficial to everyone, because even though hearing the truth is good it can also hurt. I believe people determine the truth by trusting the person it comes from, and the information given.

Truth and fairness is a hard decision to make because it changes from situation to situation. For example, in a basketball game a senior is having a bad game and they get taken out of the game. The coach is being truthful by taking her out because he sees that she is failing, but the same thing happens on senior night. Coach feels obligated to keep the seniors in because it is their night and it is only fair. So I think that depending on the situation, it can vary from what the final decision is.

To have a strong and healthy relationship you need to be truthful and honest with the other person. If you are not honest then you lose trust with that person and the relationship begins to fall apart. When they ask a simple question, but you are hesitant to answer then tons of scenarios run through their head and they lose trust. It is easier to tell the truth rather than lie in these situations because there is always an option for a second chance. In any relationship whether it's a friend, a parent, or boyfriend, being truthful is going to build that trust and make the relationship better.

Almost always the truth is going to be the best answer but sometimes you have to tell a little lie. Sometimes you can lie because you are trying to surprise someone, but that is a good lie. A bad lie would be telling your parents that you have all of your homework done so you can go outside, and the only person you hurt in that situation is yourself. It can also be hard hearing the truth, like the death of a friend. Hearing the truth isn't always beneficial mentally but waiting around also doesn't help you.

The truth is something that has actually happened. When it comes to the truth and fairness the right answer is the truth but it depends on the situation. When it comes to having a relationship with someone the truth will always be the right answer, because it builds trust making the relationship healthier and stronger. I do think that the truth isn't always beneficial but hearing it can make a positive impact, but depending on the severity of the situation the truth can

hurt. I believe people determine the truth by trusting the person it comes from, and the information given.