

# CANDOR

I commit to reveal and not to conceal

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*At any moment I am choosing to reveal or withhold, connect or withdraw, own or project.*

REVEAL

or

WITHHOLD

CONNECT

or

WITHDRAW

OWN

or

PROJECT

## Questions to ask yourself:

(1) In this now moment do I have any significant withholds in any of my key relationships, either professional or personal? Identify your withholds.

(2) What am I afraid of if I were to fully reveal myself?

(3) Who or what am I trying to control or manipulate by withholding?