

Can I Be Honest?

By Christine Chang, p. 57

Fixating on external things proves much easier than turning our focus inward.

1. Christine Chang begins her column with an “I’m so out of touch these days” moment. When have you discovered that a word or phrase you are using was out of date?
2. What do you think of Chang’s use of the phrase “Instagram currency” in her description of the meaning of “tbh”?
3. Do you think people really want honesty?
4. How honest do you feel you are with yourself?
5. How could genuine self-reflection become a daily spiritual practice for you?