

*Wild*

**CONVERSATIONS**

Speak your truth with *ease*.

*Lola Archer Pickett*

wildplayground.com

# Forbidden Conversations

## Table of Contents

(click to navigate)



### Intro

1

Not every thought needs to be revealed, **nor is it necessarily true.**

2

Timing is **everything.**

3

Speak the truth without expecting **specific results.**

4

Your emotions and truth are your responsibility and **yours alone.**

5

Your truth is *yours*, **it may not be universal.**

6

Truth goes **beyond words.**

7

It's okay **not to know.**



What's **next** + about the author

# Forbidden Conversations

Tell the truth without fear.

## **It seems like it should be easy to tell the truth.**

From the time you were born, you have been told that it's honorable to tell the truth. Your parents and teachers expected you not to lie to them and you probably got punished when you were caught lying...

As children, even with yet-to-be-stifled imaginations, our world of "truth" starts out fairly black and white. This is real; *that* is not.

**But as adults, the truth becomes more nuanced.** It becomes difficult to discern the actual truth from what *should* be true but isn't; what we *want* to be true sometimes isn't the actual case.

And the "truth" looks slightly different to each of us. Most people agree on some basic fundamentals, even something as simple as the blue sky above us.

## **But, how do I know what that blue sky looks like to you?**

I don't, nor can I.

**I cannot see the world through  
your eyes;** and you can't see it through  
mine.

On top of that, we are becoming more aware that the material world we live in isn't as solid as it seems. Even the contents and construction of the atoms and subatomic particles that we're made of is coming into question...

So, just saying that we need to tell the truth doesn't paint the full picture of honesty. **The truth is painted in layers**, one no less real than the next.

Because there are so many truths, it's important to define exactly which "truth" this book supports you in telling...

Forbidden Conversations  
revolve around **personal**  
truth...

**YOUR personal truth and no one else's.**

*You can't see the world through my eyes.*

**But, if I learn to communicate my truth to you; you can understand *how* I see it and *who* I am.** You can connect with me meaningfully; and if you offer me the same, I can connect with you.

Personal truth is the foundation of deep & lasting intimacy.

This book will focus on telling the truth in intimate partnerships. But, **these techniques and mindsets apply beyond the bedroom.** You can use these techniques of fearless truth telling to improve relationships with your family, your clients, your friends and/or to attract the partner you've always wanted.



The deep intimacy you crave doesn't happen just because you're in a relationship with someone. To create intimacy (and build on it), you must tell your personal truth.

But, your **truth can be a tool or a weapon.**

When communicated well, personal truth can save (or certainly improve) your relationships. Even hard truths like failures, mistakes, affairs, being attracted to someone else, can actually make you and your partner closer *IF* you tell the truth well.

But, when delivered poorly, the truth can sabotage even the closest partnership. **Honesty can actually become a wedge between partners.**

Regretful things spoken too soon or too harshly can leach slow poison into your partner's mind - eroding their self image and building resentment instead of respect.

There are many communication ideologies floating around; non-violent communication, radical honesty, etc. **People like them because they are a “recipe” for how to communicate.** But, sometimes, recipes contain flavors or ingredients we don't prefer, or items we don't have in our mental pantry. In certain situations or with certain people, non-violent communication, radical honesty, and all the other formulas fall short *because they don't work universally.*

Besides, to be honest, the phrase “radical honesty” gives me the shivers.

Actually, most phrases preceded by the word “radical” make me shudder.

It's not that honesty isn't radical. **It is rad.** Totally.

Honesty and integrity are two of the compass points by which I direct my life. (The other two being love and compassion.)

But, I get the sense that when people talk about “radical honesty”, they are using the idea as an excuse to be blunt, tactless, and rude in the name of the truth.

The truth doesn't need to be delivered with a sledgehammer.

**It is plenty potent on its own.**

**When you dole out the truth immediately and/or aggressively, people's ears close to your message.** Your truth is obscured by the tone in which it was delivered.

Even non-violent communication (“I” messages instead of “you” messages) can be spoken too harshly to be effective. Or they can come across as being passive aggressive or just plain passive. They don't suit every situation.

My intention in this book is to give you a **7-step framework** for how to approach telling your personal truth that works *no matter what's* in your mental pantry or *who* you are talking to. The following seven techniques and mindset tips are meant to provide you with footholds when you're in difficult conversations; when you're daring to reveal your true desires to the people you care about. **Each approach builds on and complements the others.**

These 7 techniques will uncover:

- ♥ *Why radical honesty doesn't really work.*
- ♥ *How telling the truth the wrong way can damage intimacy.*
- ♥ *Are you lying to yourself? How to tell.*
- ♥ *When to tell the truth and when to stay silent.*
- ♥ *What jealousy can teach you about your personal truth.*

**This book does not go into detail on how to identify what you want**, although the techniques below *will* help.

If you are having a hard time getting clear on your desires and what might need to change in your life for them to materialize, then it may be time to engage in some Shamanic work one-on-one.



**Welcome to Forbidden Conversations:** Continue to learn how to stay honest and say your piece in a way that *actually works*; starting with:

# 1 Not every thought needs to be revealed, **nor is it necessarily true.**

Just because a thought occurs to you doesn't mean that you need to give it immediate voice. If you voice a truth right away, you don't give yourself the space to make sure that what you're saying is *actually* true: A majority of your thoughts are lies being fed to you by your ego. So, **how do you know that what you're saying is really true?**

It can be paralyzing to realize that while you *think* you're coming from a place of honesty, you might be instead be voicing white lies masquerading as truth.

**Our minds contain thick layers of justifications and white lies that obscure our core truths.**

- ♥ *Sometimes the lies we tell are things we wish were true.*
- ♥ *Sometimes we tell a lie to protect someone from their feelings (including ourselves).*
- ♥ *Sometimes we lie because we don't know what the truth is.*

This is why people think they are being honest, and it later comes to light that they were actually lying. *Usually, they didn't intend to lie to you.* At the time, they most likely thought they were being truthful.



**They just didn't know how to differentiate between the truth they wanted and the actual truth.**

This is why, before you speak up, it's important to figure out if what you want to say is actually true.

There are a number of ways to determine what's really true for you.

Your behavior, body language, emotions, and physiological responses can all be excellent barometers of truthfulness.

Read my two-part blog series on how to know if you're lying to yourself here: [Part 1](#) and [Part 2](#).

If, after really looking at these indicators, your thought DOES seem truthful, then it's important to reveal it so that your truth becomes materialized. (Until it's out of your mouth, your truth isn't real - not even to yourself.)

So, fess up! But make sure you're not lying to yourself first.

## 2 Timing is everything.

**When you speak up makes a huge difference.** In the heat of the moment, it's easier to be honest because everything bubbles to the surface when emotions run high. *But, that doesn't mean NOW is the right time to say what needs to be said.*

I recommend taking at least three deep breaths before revealing any truth that's knocking behind your teeth, *especially* if it's an unpleasant one. This might seem awkward when you're in the middle of a conversation or argument... but if needed, you can simply say that you are gathering yourself so you can respond more thoughtfully. Don't let your partner force you to speak before you're ready. This isn't game playing; it's mindfulness.

### **What would be more uncomfortable; taking a pause, or recovering a *faux pas*?**

Sometimes, it's better to go for a walk or even sleep on it to formulate exactly which words will be the most effective and honest.

Giving yourself time before you reply helps ensure that you are responding with *your* truth, instead of reacting to (or railing against) something *your partner* has said.

(There is a great [article on Tiny Buddha](#) that speaks well to this idea of responding instead of reacting.)

When you get defensive (reactionary), it's much less likely that your partner will hear and absorb anything you say.

How do you know you're not just filtering yourself to keep things copacetic?

## **You have to make sure you're not lying to yourself about what's really going on.**

*Again.*

Unfortunately, our minds are quite tricky when it comes to being honest. We *think* we are telling the truth, but we might be coming from a place of fear instead of a **place of love**.

**Asking yourself these questions** can help you figure out WHY this truth needs to be revealed, and if it's the *real, underlying truth* versus a fear-based white lie being disguised as honesty.

- ♥ *What's my motivation behind telling this?*
- ♥ *What do I hope will happen by being honest?*
- ♥ *Why is this important to me?*

Not only do these questions help you figure out WHAT to tell, but they also point to HOW to tell it.

Those very phrases can help give your truth context and palatability that it might not otherwise contain if you rush to speak up.

There's no way to guarantee you'll never again say something you regret, but taking time before you speak (and looking at why you want to say what you do) will help make sure you feet stay on the ground and out of your mouth.

### 3 Speak the truth without expecting **specific results.**

**The truth stands on its own**, whether or not you get agreement when you tell it.

This is where the art of not taking things personally (one of the “Four Agreements” from Don Miguel Ruiz’s wonderful **book**) can really help you detach from your revelation’s results.

**The reason honesty creates intimacy is not necessarily because partners agree with each other more.** *Sometimes agreement or evolution is the result of honesty.*

Sometimes, **but not always.**

**The ACTUAL reason that honesty builds intimacy is because each partner feels safe to be their whole self**, whether or not they are on the same page 100% of the time. *If your partner doesn’t agree with you, it doesn’t mean they love you less.*

Reveal your truth without expectations of what will happen next (how your partner will respond, what you will decide to do, etc.).

**This is easier said than done.**

But, when you communicate your truth coming from a place of love (for both yourself and your partner) and non-attachment to any sort of outcome, you give some TREMENDOUS gifts to your partner (and therefore to yourself):

♥ **They feel let in.** You're allowing them to see the (sometimes) ugly, confused, hurt, angry, repentant, curious side of you. This means that they automatically feel that much safer to be their whole self with you too. They assume that you'll afford them the same courtesy of hearing them out when they have something they need to reveal. **The key is: You have to do your part, too.** When your partner is expressing vulnerable truths, you must afford them the same courtesy that you want for yourself.

♥ **They have opportunity to surprise you.** Sometimes, you reveal the truth and expect a different reaction than you get. Your craziest confession might just make them love you even more—but you'll never know unless you let them see the real you... even the “crazy” parts.

## How do you communicate **with love** instead of with fear?

Before you speak, recall the things you love most about your partner; the way they look at you in gratitude, the special things they've done to express their love for you, the pain you know they've felt (and might be feeling now).

Remember that **your partner is a beautiful, flawed human being who is worthy of love**, no matter what they've said or done.

Build up a **bank of closeness** that you can draw upon when you need a reminder of better times to keep your heart open.

**Your “closeness bank” can be filled with things like:**

- ♥ *Lovingly touching your partner throughout the day.*
- ♥ *Leaving surprise notes of gratitude for each other to find. (My husband and I use chalkboards painted on our walls and a private poetry blog to randomly share loving thoughts.)*
- ♥ *Approaching your daily tasks as meditations on caring for your partner (i.e. doing the dishes, cooking, cleaning, etc.).*

This is not always an easy thing to remember; especially when you’re angry, hurt, and frustrated; or when you know that what you’re going to say may hurt them.

**This leads me to the next point...**

## 4 Your emotions and truth are your responsibility and yours alone.

When everything is “their fault,” our partners feel burdened by our emotions. (This includes your joy and happiness too!) The weight of being responsible for your emotional state is far too much for someone else to bear. **However you’re feeling, it’s not their fault.**

That might sound insane, so let me write it again:

However YOU are feeling, it’s not **THEIR** fault.

**You are 100% in charge of how you feel, regardless of what your partner does or says.**

Even if they have done something terrible. Even if they seem to be pushing your buttons intentionally. Even if they are “making” you exceedingly happy.

Your partner’s words or behavior will almost always trigger an emotional response in you (both good and bad), but those emotions are *yours* to deal with, not theirs. If you’re happy, it’s because you *decided* to be happy. If you’re angry, sad, envious, fearful, or depressed, it’s because you’re *choosing* those emotions.

**This isn’t to say that negative emotions are to be avoided or don’t serve a purpose; they are incredibly valuable teachers.**

*Fully* feeling (and healing) negative emotions is a **vital** component of a fully expressed, ecstatic life.

But, they aren't caused outside of ourselves; they well up from within, often pointing to wounds, baggage, and patterns from long ago (even other lifetimes) that need to be seen, loved, and released.

That being said, **this doesn't give you carte blanche to be rude, inconsiderate, or harsh** in speech or action... Just because you and your partner are both in charge of your individual emotions doesn't excuse you from treating each other with kindness and consideration.

Taking full responsibility for your worthiness, your joy, your pain, your sadness, and your confusion **frees your partner to be fully present with you.**

Their full presence is what you're craving. Owning your shit *and* taking responsibility for your happiness will create room in your relationship for deeper levels of intimacy (which leads to better sex, more connected conversations, and faster healing from disagreements; basically everything juicy & good about being in partnership).

I know how **incredibly it is easy to blame someone else for how you're feeling.** This habit (which is all it is) is a tough one to break.



But, it gets easier with practice. Start with taking responsibility for your happiness, and work up to owning your less pleasurable emotions.

**Some questions to ask yourself to see where you might be putting the responsibility for your emotions onto your partner:**

- ♥ **Do you resent them? For what?** *Do you wish they made more money? Helped more around the house? Asked you more about your life and how you're feeling?*
- ♥ **Do you get depressed** *if they aren't paying enough attention to you or making you feel better when you complain?*
- ♥ **Do you feel like the weight of parenting rest mostly on your shoulders?**
- ♥ **Do you feel like you only do things together that your partner likes?** *(i.e. watching sports, spending time with people you don't love, repetitive hobbies, etc.)*

These are just a few examples to get your mind going. **All of these are indicators that you aren't taking care of your own needs.**

**Resentment**, especially, is a huge red flag.

These aren't things you'll enjoy admitting about yourself.

**But, if you do, your life will drastically improve, without fail.** Your relationship will likely improve as well.

## 5 Your truth is yours, it may not be universal.

**The purpose of telling the truth isn't to relieve someone else's perceived suffering** by showing them a truth about *themselves*. The purpose is to reveal *your* truth about *yourself*.

It's condescending to assign your truth to someone else. Radical honesty uses an example of telling someone they are ugly, and allowing this "truth" to give this "ugly person" freedom from something they've *probably* suffered from their whole life.

### For real?

Who is to say that just because *you* find someone unattractive that *they* even agree with you, much less have experienced lifelong suffering because of it?

**Many of our truths boil down to personal opinions.** There is nothing wrong with having an opinion that is true for you. But, it's not fair to others if you state your opinion (especially about *them*) as universal fact.

Our truth isn't necessarily someone else's... Sometimes, our truth isn't even *ours* over time.

The most important part of being honest is not that we assert our truth to change other people's minds, enlighten them, or relieve them (about us, themselves, or anything else). That's simply not our place. Everyone must do this for themselves.

People can sense this energy from a million miles away and it immediately puts them on the defensive... Even if we have the kindest intentions, when we try to teach instead of lead, all people hear is "*blah blah blah, **you poor little thing, let me tell you how things really are...** blah blah blah.*"

**The most important reason to be honest is to share yourself fully, and create the space for others to do the same *whether or not they ever do.***

## 6 Truth goes **beyond words.**

**You communicate the truth in a number of ways; your body language**, your spending habits, how you present yourself, who you spend time with and how you spend it, and what you eat are all indicators of whether you're being true to yourself; just to name a few.

If what you say is not supported by your behavior, then there is a disconnect between you and what you really believe.

**That disconnect is sure to affect you in a number of ways.**

It fosters confusion.

People aren't sure who the "real you" is. You say one thing, and then act in a way that negates or casts doubt on it.

How can someone form true intimacy and trust with you if there is an unspoken, intuitive doubt about who you really are?

It's impossible, they'll be trying to relate to a *version* of you, or a *portion* of you... **which can never become deep intimacy.**

One of the biggest signs that you're out of alignment with your inner truth?

## Jealousy.

Whenever you experience envy or jealousy, your inner compass, your soul is pointing you to something that would be in more alignment for you than what you currently have going on.

**For example:** If you are (or your partner is) noticing beautiful women everywhere who look like they do yoga and eat healthfully; your first tendency might be to get mad at your partner for noticing them (*but honestly, didn't you notice them too?*), to sneer at their priorities, to compare your body and life to *what you can see* of theirs and feel jealous and small, or to wish you had what they *seem* to have.

**Fact One:** Much of what you envy is a *perception*, not a verifiable truth. You're allowing what you *think* you see externally to affect how you *actually* feel *internally*. But what do you *know* about those women? Are they happy? Are they sane? Are they even actually healthy? It's unlikely that they are as perfect as you think they are.

**Fact Two:** Their beautiful bodies don't exist to flaunt your faults in your face or to tempt your partner. **Their beauty doesn't lessen yours.** There is room in the world for infinite flavors of allure; including yours. Your beauty is asking to be honored.

**Fact Three:** You envy them because your perception of their vitality triggers an internal truth: that you are not making your health a priority; and that to do so would be in alignment with what's best for you.

When you feel jealous, look at what it is about that person or situation that your inner truth is trying to get you to integrate into your own life.

Taking steps to do so will not only eliminate any feelings of jealousy you have, **it helps kill the habit of making your jealousy someone else's fault.**

For more insight + a couple of stories about how I've experienced and handled jealousy in my own life, click [here](#) and [here](#).

Can you imagine **never feeling jealous again?**

**You now have the tools to take charge of your runaway emotions...** jealousy and other out-of-alignment emotions/behavior patterns don't have to last. **It's never too late to evolve.**

## 7 It's okay **not to know.**

You won't always know how you feel, how to express yourself, or what you want.

**That's okay and completely normal.**

Sometimes, the most honest answer is  
**“I don't know.”**

**My best example of this comes from my own experience.**

When my first marriage came into question, my now ex-husband asked me point-blank one night at sushi if I wanted to get divorced.

The only honest answer I could give him then was “I don't know.”

**It was a crushing response** and I knew it would hurt his feelings. But, at the time I couldn't honestly say whether or not I wanted to leave. And, I knew that if I gave him a definitive answer before I was ready, it would be even more damaging down the road if I went a different direction.

Not only did I tell him that I wasn't sure what I wanted, I also expressed that I knew that was a hard thing to hear AND that when I did have an answer, he would absolutely be the first person to know.

I'm not sure if those two latter statements made him feel any better, but they were equally true to my not knowing, and I felt it important to tell him my *whole* truth at the time, **no matter how vague it was.**

Later, **I made good on my word** (VERY important). When I did decide that I wanted a divorce, I communicated it right away as well as expressing my empathy for his pain. **I will not say these were easy conversations... They weren't.** My ex's first instinct was to lash out at me; he was justifiably angry that something he didn't want was happening. He was also worried about how this would affect our son.

But, I remained centered in my integrity, with an open heart to his experience.

I trusted that if I continued to tell the truth and communicate lovingly (no matter what he said or did), his anger would subside and we'd be able to ease the transition on our son by remaining friends.

**I was right: this kind and loving approach to honesty led us to a smooth dissolution** with very little acrimony, blame, accusation, or negativity. Today, we co-parent our son completely amicably with the help of his new step dad (my husband). It wasn't easy to stand my ground and stay loving. **But it was sure worth it.**

Admitting you don't know the answer **allows the right thing to happen** (and the right thing just might surprise you).





# What comes next?

Telling the truth. **Starting now.**

**But, does the truth really matter?** If, as the Buddhists say, nothing is permanent; what do your small truths or lies matter in the grand scheme of things? What does it matter if living in alignment with personal truth is too uncomfortable for most people?

*It matters that each of us as individuals pursue a fully authentic life because these actions do not merely impact your personal relationships and daily life.*

**It's vitally important that integrity become default human behavior on a global level.**

Globally, what would the world look like if we came to an understanding that all truth is personal?

**No one would be inherently wrong.**

Without wrongness and blame, there is no reason to battle each other.  
**There is no reason for war.**

Instead, where before stood misunderstanding, destruction, and profit-based priorities, There would be space for compassion and dialogue.

I imagine a world where we love the people who we used to call our enemies...

I dream that by receiving love and recognizing their worthiness, people who support destructive actions might pause to really think about ALL of the impacts their decisions have; **if no one was wrong - what reason would they have for continued aggression and destruction?**

**There would be none.**

Every day, it becomes more critical that our leaders hear the honest voices of their citizens.

Each minute across the world, decisions are being made that systematically eradicate millions of our fellow human beings, not to mention ongoing disastrous behavior impacting the rest of our environment. **Profit, not integrity, seems to be of the highest value.**

**But, we have made the world the way it is;** we are complicit in the system and dominant paradigms if we're not actively offering an alternative way of life, where integrity is the driving force.

So, **it's our responsibility**, one by one, **to change the system.**

When we don't see people as "wrong" who disagree with us, we have compassion for them. Authenticity breeds compassion, which breeds empathy... And empathy places the health of our people and planet over any so-called profits.

**I believe that if each of us committed to pursuing personal authenticity, without attachment to result or expectation of mutuality, the world system would have no choice but to change.**

Therefore, with these 7 simple methods of finding and telling your truth, you are empowered to do your part.

Changing the world doesn't  
take guts...

**It takes heart.**

It takes your bravery in telling and living your truth.

Changing the world starts with you.

**It starts today.**

Please, spread the mission and **share these tools** with your family and friends. They are easy and intuitive; accessible to everyone.

# Thank you.

**From the bottom of my open heart.**

Xo,  
*Lola*

Lola Yaguareté Pickett  
Totemic Shaman



## About the Author



**Lola Medicine Keeper** is a modern-day Shaman - a bridge between the material and spiritual realms. Her irreverently effective work has earned her the description “bulletproof coffee meets tribal elder.” Drawing on an extensive design background and years of animal and plant medicine studies, Lola creates world-class (and wickedly fun) shamanic training in her virtual **Wild Playground**. She also offers shamanic play retreats around the globe and mentors a VIP group of apprentices in the art & practice of wildly rich living. Feel up her work by subscribing to the weekly **Wild Playground Podcast**.

**So many people have forgotten that this world has such magic; right here, right now.** Perhaps *you* are such a person... A lighthouse for *belonging*, Lola and her pack of totems are here to help you re-member all that you are... All that you came here to Be. Walk the Way of beauty through a portal of play at **WildPlayground.com**.