

Signs that you're living a double life:

- **Secrets.** If the way you're living forces you to keep secrets you're probably living a double life. Secrets lead to lies, which lead to even more lies. Avoid this pitfall by living a congruent life.
- **Gray is acceptable.** Telling half-truths, politicking to gain power, and spending too much of your life in the "gray area" between right and wrong is a sign that you're living a double life.
- **Inappropriate relationships.** Any relationship that makes you question whether or not your behavior is appropriate is probably pulling you into a double life.
- **Infidelity.** Remember that infidelity can take a number of forms: physical, emotional, and financial.
- **Rationalizations.** Rationalizing away inappropriate, dishonest, or immoral actions is a hallmark of the double life.
- **Misrepresenting yourself.** It's perfectly natural to try and present yourself in the best possible light. But if you carry this into the realm of telling partial truths or flat-out lying, you're on the path to a double life.

Signs that you're living a congruent life:

- **What you see is what you get.** Be yourself. Always strive to be your best possible self, but always be real. When everyone knows where you stand, you're living a congruent life. Your life will be especially rewarding if you consistently stand for great values.
- **Integrity.** If you live your values with integrity, especially in the face of adversity, you are on the road toward living a congruent life.
- **Stand firm.** A hallmark of the congruent life is the ability to stand firm in what you believe, even if you find yourself and your values in the minority.
- **Know when to seek help.** The key to getting yourself out of a double life is knowing when you're in trouble. In some cases, you may need professional help to overcome a particularly harmful lifestyle or to grapple with a secret addiction. Knowing when to seek help is a powerful sign that you're moving toward the congruent life.