**Keeping Secrets**

[](http://www.englishwithjo.com/wp-content/uploads/2012/05/secrets2.jpg)

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Everybody\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Revealing a secret \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Vocabulary:**

To **keep** a secret

To **reveal** a secret

To **tell** a secret

To **leak** information – to tell secret information to public or to journalists

**Phrasal Verbs**

**Confide in** – “I have a secret I want to share. Can I confide in you?

**Spread around** – “I told John my secret and now it has spread around the whole school!”

**Idioms**

**Keep it under your hat** – “I just heard that Tony is leaving the company but keep this under your hat.”

**Just between you and me** – “Just between you and me, I think Alex is having an affair”

**My lips are sealed** – “Don’t worry, I won’t tell anybody. My lips are sealed”

**Let the cat out of the bag** – “It was meant to be a surprise but Jake went and let the cat out of the bag!”

**Spill the beans** – “I didn’t want anyone to know but unfortunately Mary spilled the beans”

**Conversation Questions**

Are you a secretive person?

Do you keep a lot of secrets to yourself?

Do you like to know secrets?

How important is it to keep other people’s secrets?

How hard is it to keep a secret?

If you had a secret, who would you confide in?

Do people confide in you? Are you someone people trust with their secrets?

Do you like it when your friend tells you a secret? Why or why not?

Have you ever let out a secret?

Can you keep a secret?

Do you ever tell your friends secrets?

Have you told someone a secret and they told other people?

Who is the person you know who is worst at keeping secrets?

Why do governments keep secrets from us?

What secret do you really want to know?

Do you have a secret recipe?

How do you feel when someone doesn't tell you their secrets?

What are the secrets of the universe?

What's the secret to looking young?

If you won the lottery would you keep it a secret?

What's the secret to success and a happy life?

Why do people have secrets?

Are men or women better at keeping secrets? Why?

If your friend did something dangerous or illegal would you tell someone about it?

If you found someone’s personal diary, would you read it or would you respect their privacy?

Are you concerned about Internet privacy?

What do you do when a web site asks you for information that you consider private or personal?

Do you use your real name on the Internet?

When applying for a job is it okay for the company to ask you your religion or marital status?

Do you think it is ok for a married couple to keep secrets from each other?

Do you think priests, doctors and lawyers should keep everything they are told confidential or are there some situations where it is ok for them to reveal the information?

What do you think about Wikileaks? Do you think it is a good or bad thing that they reveal secrets and classified information?

**Keeping a secret**

Let's be honest: We love to know things that others don't. Secrets are a fact of life. The problems occur when keeping a secret becomes challenging. A recent study found that four in 10 women had trouble keeping a secret, no matter how personal or confidential the news was. And two-thirds ended up feeling guilty after spilling the beans. When someone tells us something in confidence, it's because he or she trusts us enough to listen and keep our mouth shut. When we don't, trust is lost

**Why do people keep secrets?**People may worry that if certain information is known, they will be judged or looked down upon or that someone will use that information against them.

**Is there a difference between a good secret and a bad secret?**Yes. A good secret is not harmful to you or anyone else. Examples would be keeping a secret about an upcoming surprise party or a wrapped Christmas present. All kinds of personal information including passwords, address and phone numbers when you're online should remain private. A bad secret might concern a friend or family member who is in trouble and risking her health and safety. Whether it's drug-related or bad-crowd-related, those secrets that make anyone feel scared, uncomfortable, sad, or angry should be shared.

**How can you do the noble, trustworthy thing when keeping a piece of juicy information to yourself is so hard?**  
Fight the urge to spill. Walk away, bite your lip, or change the subject. Think of yourself as a loyal and trustworthy person.Tell a white lie if you have to. Try to forget about the secret. The less it's on your mind, the easier it is when keeping a secret.Talk about the secret with the person who told it to you. Discussing it should help quiet the urge to share it with others.

**Keeping a Secret**—**What if you blurt out a friend s secret?**  
Apologize. No excuses. Nothing beats sincerity. Even if you're being yelled at, try not to lose your temper. Take the blame, say you're sorry, and learn from the experience never to make the same mistake again.

**Keeping a Secret**—**Can keeping a secret** **be bad for you?**Yes. Keeping a secret can cut you off from others. If you have to keep a difficult secret for a long time, it can provoke anxiety and worry. Living with these emotions can lead to stress, which can lead to stomachaches and headaches.

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