20 Common Secrets People Keep

Type of secret	Examples
Infidelity	An affair, an emotional attachment, or a secret relationship.
Financial problems	Hidden debt, gambling losses, unpaid bills, or a secret bank account.
Family history	An adoption, an unknown parent, a hidden sibling, or a family scandal.
Past mistakes	A serious error, a betrayal, or a decision that hurt someone.
Criminal behaviour	Theft, fraud, assault, or involvement in a crime.
Addiction	Alcohol, drugs, gambling, or another hidden dependency.
Professional misconduct	Plagiarism, falsified qualifications, workplace sabotage, or incompetence.
Unrequited love	Being secretly in love with a friend, colleague, or relative's partner.
Jealousy	Resenting a friend's success, a sibling's achievements, or a partner's friendships.
Identity	Hiding a former identity, a different name, or an important part of one's past.
Health problems	Concealing an illness or a condition from family and friends.
Pregnancy	An unexpected pregnancy or uncertainty about a child's paternity.
Betrayal	Revealing someone's confidence, breaking a promise, or secretly working against someone.
Resentment	Holding a grudge or secretly wishing someone would fail.
Ambition	Planning to take someone's position, inherit their business, or undermine a rival.
Fear	Hiding a phobia, insecurity, or something that makes a character feel vulnerable.
Deception	Pretending to be wealthy, successful, happy, or happily married.
A hidden relationship	A secret marriage, friendship, affair, or unexpected connection.
A secret from childhood	Something witnessed, done, or experienced that has never been discussed.
A secret favour	Helping someone in secret, paying off a debt, or protecting someone from the truth.