



# LYING AS A *Trauma-driven* BEHAVIOR

Lying is actually completely normal human behavior.



## But WHY do we lie?

Think about it...



You likely have all sorts of reasons floating into your mind that all land somewhere near the truth that we only lie because it doesn't feel safe to tell the truth. And safety doesn't necessarily mean physical safety. It can be relational safety, too.



When was the last time you told a lie?

It probably wasn't that long ago!

Ultimately it almost always comes down to it's NOT SAFE to tell the truth.

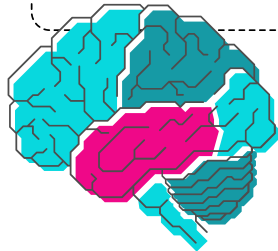
Sometimes lying happens because we cannot tolerate the idea of what could happen to the relationship, even if it's just for a moment if we tell the truth.



There are many explanations for lying, but ultimately, it almost always comes down to the fact that.. **it's not safe to tell the truth.**



## OUR BRAIN FLIPS INTO PROTECTION MODE.



**NOT SAFE**

Sometimes, lying happens because we cannot tolerate the idea of what could happen inside us if we tell the truth, like feelings of shame or dysregulation.

## WHAT HAPPENS IF YOU REALLY LET THAT SINK IN?



My child feels... unsafe



Does it change anything for you about how you see the behavior of lying?

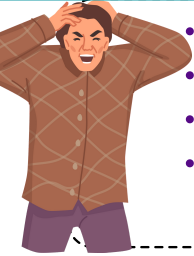
*It's OK if it doesn't, I'm just prompting you to notice!*





# LYING AS A *Trauma-driven* BEHAVIOR

Your brain shouts all sorts of things like...



- Do you think I'm stupid?
- You are a pathological liar, and that scares me!
- I must be a terrible parent to raise a liar.
- Liars can't even have positive relationships and ultimately go to jail.

Is this about Connection, Regulation or Felt-Safety?

continued



One of the biggest CHALLENGES with the behavior of lying isn't actually the lie *it's how being lied to MAKES US FEEL.*

My child feels... *unsafe*



If you could replace those scared thoughts with true thoughts, you have one more moment of regulation.

## 1 more moment of REGULATION

Then you can ask yourself "WHY is this happening?" and maybe you can address that problem.



CONNECTION

REGULATION

FELT-SAFETY

## X-RAY

## *Vision* GOGGLES

My child doesn't think I'm stupid... they are SCARED.



Using our X-ray vision and understanding the science of behavior, we FREE OURSELVES FROM SCARY BELIEFS that behaviors are character flaws, a representation of who our children are at their core, solely designed to manipulate us or a reflection of our worth as a parent.

When your child lies, it might be a sign of dysregulation. Instead of pushing for the truth, try to understand their reasons behind the lie. Your child is overwhelmed and in protection mode. Shift the focus to regulation, connection, and felt-safety.

## Self-Compassion

I am a good parent who struggles sometimes - like all parents.

