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# Why I Lie Workbook

A step to help with increasing honesty

01

# Introduction

In this workbook, you will be working on part 1 to a series of workbooks that can help you be more honest and decrease impulsive or blatant lying.



# Lets Define Lying

Definition:

a. To not tell the truth

b. To be dishonest and deceitful

c. To leave information out that would possibly change the meaning or understanding.

**Give Some examples of  
times you have lied:**

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**Take one of those times and ask yourself WHY did I do that?**

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# What did you feel before you lied?

Anxious? Sad? Fear? Anger? Hesitation?

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# What thoughts did you have right before you lied?

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**Write down what you understand about the lie based on what you felt and thought.**

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**Now that you have processed one lie, think about another lie you have told. What is similar about both of those lies? Are there any themes?**

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# Hopefully by now you understand some of the reasons you tend to lie.

Lying does not just happen. There are reasons why people lie. This workbook is meant to help you start the journey to building some understanding to why you lie.

To work more in this area of your life, I encourage you to get my other workbooks and if you would like to work even more on this area of your life, take the course when it is available.