

MODEL VARIOUS KINDS OF LIES

When confronting a lie, it is important to understand the mental state of the liar. One way to better understand is to find out what kind of lie is being told. The four forms of lying are:

White lies	Work
Basically social. They are told to live up to social norms, to avoid embarrassing situations, to support others, or to further a conversation.	Help the child to find other ways to say difficult things rather than through a lie. Traumatized children need more support in this area than other children.
Cosmetic lies	Work
The person lying feels inferior and is attempting to look or feel better than he really does.	Remember the correlation between low self-esteem and cosmetic lies. Children who tell cosmetic lies are vulnerable to criticism and punishment. The person who suffers the most from cosmetic lies is often the one telling them. Gentle correction is important.
Deliberate lies	Work
Lies that are intentionally told to win the trust of others, for personal gain, to avoid problems, or to harm others.	Confront these lies directly. There will be fewer such lies when you work to prevent them. Create a culture where there is consensus that deliberate lies are unsuitable and socially unacceptable to both children and adults. The best way to repair the situation after a lie is for the person who has lied to recognize that he has done so.
Cover stories	Work
Refers to the types of lies told by people who have suffered serious neglect and/or traumatic events. These are lies that are not in line with reality, but contain elements of reality within them. They may be emotionally intense. They can be viewed as a way that the mind is connecting disjointed fragments of traumatic experiences.	Remember, it is not the child's intention to lie. One must gently return the orientation to reality. Remember that vulnerable and traumatized children are those telling these stories. Punishment and humiliation in front of others is not appropriate.