



# How to Respond to Lying

## worksheet

**Step 1: Create a path to honesty.**

**“You thought I was going to say no.”**

**“You didn’t feel like you could tell me the truth.”**

**“You wanted to tell me the truth but you didn’t know how.”**

**Step 2: Offer a chance to problem solve.**

**“Oh I see! Next time you are struggling with school, you can come to me and we will figure out a plan of action together.”**

**“I understand! You wish you could eat all the cookies in the world. You wish that is all there was to eat—only cookies! You can have a cookie after dinner.”**

**“That makes sense! You didn’t think you could get along without hitting. Next time you’re that angry, hit this chair over here. That way no one gets hurt. You can also call for help and I will come.”**

**Step 3: Bring in the reinforcement.**

**“You told me the truth even though you thought I would say no. That shows you’re honest.”**

**“You told me what really happened instead of covering it up. You know how to tell the truth!”**

Learn more about this at [www.themilitarywifeandmom.com/how-to-deal-with-a-lying-child/](http://www.themilitarywifeandmom.com/how-to-deal-with-a-lying-child/)