

How to respond to what appears to be lying

by
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This is often the person's fragmented attempt to keep track of events that are not fully understood. They "fill in the blanks" with whatever makes their experience seem to make sense to them.

Telling different stories to different people is often seen as being manipulative. They may simply have no sense of connection between one situation and another; or no sense of continuity in their own interpretation of the situation. So they "make up" what seems to make sense to them at the moment. Often they incorporate elements into their story that are provided to them by the person they are talking to at the moment.

They confabulate and exaggerate as they get "carried away" with their own immediate thoughts. It makes a good story and sounds good to them at the time. The connection between this moment and what they may have said to someone else at some other time is not relevant to their current situation.

The story they are telling at the moment is the one that becomes true to them.

Confronting them about the story can lead to a blow up.

Sometimes you can say, "That is very interesting. Now tell me what really happened."

Sometimes you can say, "I enjoyed listening to you tell that. Is all of that exactly the way it was?"

If they feel approved of, accepted, and not confronted or rejected, some individuals with FASD are able to smile with you at the grandiosity of the story and tell more descriptively what they actually experienced.

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