Liar, Liar, Pants on Fire – ADHD & Lying

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Why do ADHDers Lie?

- Taught they are not enough
- Rewarded for fake reality they create
- Makes them likeable
- Super plugged into people
- Not able to discuss real feelings
- ABLEISM
Benefits of Lying

• Get access to your needs without having to be vulnerable to ableist blockages
• Teaches you to think fast
• Very valuable entrepreneur skill and interview skill
• Helps go up corporate ladder (many successful CEOs and VPs are the best liars)
  • Helpful to many professions (ex. Law)
• Get good at the white lies needed for life (how are you doing? Fine)
• Helps you see a situation from multiple perspectives
Cost of Lying

- Lose their sense of reality and sense of self
- Easier to lie to yourself = poorly fitted goals, low follow through, low self-esteem
- Lose the trust of others (have to leave and rebuild social circles)
- Hard to build your life on lies
- Always waiting for someone to discover them
- Don’t trust compliments so can’t heal through kindness easily
- Assume others lie
Issues that cause lying

• Dismissing their difficulties
  • Learn to hide them

• Adult high reactivity when told controversial or dangerous things
  • Become responsive, not reactive!!!!

• Problematic Individualization

• Embarrassing circumstances at home that make them different
If negative feelings are not ok, then...

Harm reduction, not cold turkey!
Exercises that help

- Honesty o’clock
  - Time of day for honesty, no anger.
  - Silly, co-created consequences

- Love Tank Check-in
- Safe Talking/Non Violent Communication
- Building the Relationship
- Responsive not reactive!!
Importance of Relationship

To say "I love you" is easy like saying "Good morning". Important is, how you prove it every day.
Do kids grow out of it?

• When they find their people
• When they find areas for success
• When they get therapy (sense of self can get stunted by lying)
• When they have a secure partner who supports them emotionally
• When more secure in relationships, work, and family life
• Many go the opposite and become “allergic” to lying
The ADHD & Asperger’s/ASD Centre
ADHDInterrupted.com

Diagnosis & Psycho-Eds
Psychotherapy & Coaching
Walking Therapy

Professional Organizing
Medication Prescriptions
Naturopathy & Nutrition Support
Groups & Classes (For Adults, Teens, Parents, etc.)

The Neurodivergence School

Certifying ADHD & ASD Specialists!

https://APT.Neurodivergence.org

FOR Neurodivergent People BY Neurodivergent Practitioners!