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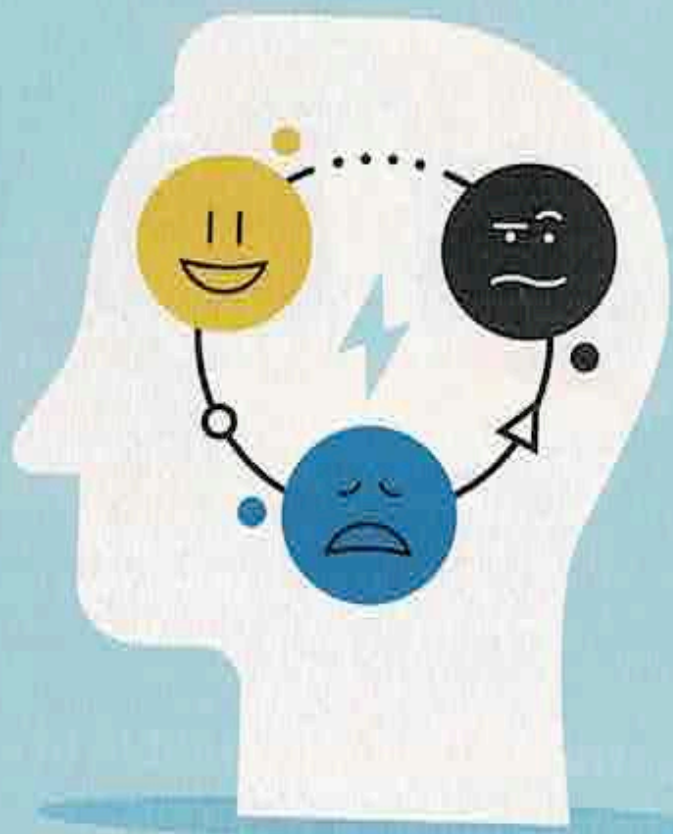
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When Teens with ADHD Lie

Teens may lie impulsively or to hide a deficit. Yelling won't solve that.

BY LESLIE JOSEL, ADHD ACADEMIC AND PARENTING COACH

I HAVE FOUND THAT TEENS' LIES HAVE LITTLE TO DO WITH disrespect or even hostility. They arise from confusion, impulsivity, or poor problem-solving skills.

Here are a few tools I use with my parent-coaching clients when they come face-to-face with adolescent lies.

> **Erase the emotionality.** Yelling and asking your teen why she lied will get you nowhere. In my experience, it only escalates the situation and steals time from focusing on the real (hidden) roots of the behavior.



> **Devise appropriate consequences** that fit the crime. However, focusing on the roots of the problem and helping her overcome those challenges is more important. In other words, telling your teen she can't watch TV until homework

is done will get you nowhere until you know what might be getting in the way of her starting her work, and address that.

> **Set up an appointment.** When your child is caught in a lie, the typical response is to get defensive and deny. Next time, present this option instead: "I understand that you might need to gather your thoughts.

Let's talk at 8 P.M., so you have time to think about what you are going to say." This strategy gives your teen some space to remember the circumstances leading up to the behavior, and to get her emotions in order.

Make an appointment to calmly address the root of your teen's lie.

My best advice is to give it time and not take their lying personally. Instead, focus on working with your teen to build the problem-solving skills needed to head off future lying.

Give it time and do not take their lying personally.

Why Do I Lie?

Reflections on the origins of lies from an adult with ADHD. BY LES STEED, ADDITUDE BLOGGER

SOMETIMES, IMPULSIVITY or inattention or forgetfulness cause problems, and we just want those problems to go away so we can regain some control over our lives. We rarely consciously decide to lie, but we do it nonetheless.

Sometimes, people with ADHD lie when they don't know all the facts,

make assumptions, link disjointed memories to fit a more logical narrative, fear facing the truth, or just feel pressured to provide an answer. If they feel overwhelmed or deeply insecure, they may say the thing that could resolve the problem, or the thing they think you want to hear. They may double down under

scrutiny, particularly if their head is in panic. I have done this, and, though this perspective does not absolve me of my wrongdoing, it does help to explain it.

It takes courage to admit a lie or to abandon a narrative as you risk losing another person's respect, trust, or love. No one wants that, but few people can freely admit their wrongdoing. They are scared of the consequences of coming clean. But consequences follow us, no matter what. It's better to admit your mistakes and resolve to do better next time.