

THE THREE LIES™

Introductory participant handout | Developed by Dr Eileen Higgins

The Three Lies™: Introductory Snapshot

In this workshop, The Three Lies™ is offered as a brief signpost for noticing possible anxiety-related narratives. The full framework is not taught in depth here.

Coping

"I can't cope."

Adequacy

"I'm not good enough."

Belonging

"I'm unlovable / unwanted
/ I don't belong."

Important positioning: The Three Lies™ is introduced here as a proposed, practice-informed formulation heuristic. It is not a validated diagnostic model, assessment tool, or standalone treatment.