

THE THREE LIES™

Introductory participant handout | Developed by Dr Eileen Higgins

What Clients Often Say

These examples are not assessment items or conclusions. They are familiar kinds of clinical language that may invite careful, collaborative exploration.

Coping

"I know I am safe, but my body still reacts."

Coping

"I keep thinking I won't cope."

Adequacy

"I feel like I am failing."

Belonging

"I worry people will reject or judge me."

Introductory link: The Three Lies™ Framework offers one possible way of noticing recurring anxiety-related narratives around coping, adequacy, and belonging. These narratives should be explored tentatively, in context, and only where the language fits the client.