

THE THREE LIES™

Introductory participant handout | Developed by Dr Eileen Higgins

A First Look at the Three Themes

At introductory level, the themes are best held as broad reflective questions. They are not facts about the client, diagnostic categories, or proof of a mechanism.

Coping

Can I manage this?

A possible fear of not being able to cope.

Adequacy

Am I enough?

A possible fear of failure, judgement, or not measuring up.

Belonging

Am I safe, wanted, or accepted?

A possible fear of rejection, exclusion, or relational unsafety.

Reserved for later training: The full Three Lies™ Framework, TLAQ™ administration, descriptive interpretation, case application, and limitations are explored in greater depth in the dedicated skills-based workshop.