

The Three Lies™ Framework

A first reflective look at coping, adequacy, and belonging

Coping	Adequacy	Belonging
"I can't cope."	"I'm not good enough."	"I don't belong."

This worksheet is an introductory reflection aid for practitioners. It may also be used as a collaborative supervision tool to open discussion about a client presentation, while keeping client material anonymised and formulation tentative.

It is not a diagnostic tool, psychometric measure, risk assessment, supervision substitute, or standalone intervention.

1. Client Language: What Is Being Said?

Write one brief, anonymised phrase a client might use. Do not include identifiable information.

2. Which Theme Might Be Worth Exploring?

- ☐ Coping - managing, tolerating, or surviving
- ☐ Adequacy - failure, criticism, shame, or not being enough
- ☐ Belonging - rejection, disconnection, being unwanted, or not fitting

3. Hold It Lightly

- ☐ Is this the client's language or my interpretation?
- ☐ Could this concern reflect genuine danger, exclusion, discrimination, or harm?
- ☐ Would this wording feel compassionate, useful, and non-invalidating?

4. Gentle Reflection Question

One possible question I could ask collaboratively:

5. Believable Alternative Direction

What might be one slightly more compassionate or flexible direction? Keep it believable.
