Beyond Fight, Flight or Freeze: Is there a Fourth F?  
The Unfortunate Truth About Why Sometimes We Lie

The humanity Component of a perceived Character Flaw

Or...A Fractured Self-Esteem and A Mind In Crisis
Thinking About Fibbing….

Look at someone next to you…
Imagine you found they just told you a lie...What would you think of them?
How would you feel about them
• Do you want to continue a relationship?
• Do you want to share info with them…
First section – When did you first ever fib?
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ATTITUDE magazine
Distraction Podcast by Dr. Ned Hallowell
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Purpose

We have observed a new protective mechanism.

What happens when someone we know or love finds themselves “under pressure” or in “defense mode” if feeling threatened or under attack?

A self-protective mechanism- The Fight, flight or freeze response might be activated

OR……..FIB
Objective for our session today...

- Provide a better understanding why we tell fibs or fabricate
- Understanding the motivation and underpinnings for why we Fib
- Develop a more objective and less judgemental perspective
- Understanding how we can replace judgement with empathy
- Understanding the opportunity for connection, as opposed to disconnection and shame
- Develop an awareness of what is happening in the brain at the Point of Performance
- Learn strategies to support a more stress-resilient esteem in place of fibbing
The Phenomenon of the Fourth F...

• Observation and Ethnographic Data
• Across all ages
• Reflection on the rationale for Fibbing

Self preservation, Protection of Esteem, Extension, Deflection
The Cost of Fibbing and Fabrication

- Impairs self-esteem
- Disrupts and can destroy relationships
- Missed opportunities - job and career opportunities
- Financial - extra time at college in paid accommodation and tuition fees and lack of progression
- Failure to launch
Protection
Externally Driven
Protection of self and
protection from disappointing of others
Loved ones and employers

Case Study….Ben the Builder
Defined: Avoiding shame and embarrassment of perceived failure.

Can’t Have Anyone Over Syndrome…

Shelly can't have anyone over because her house is in chaos - a mess, disorganized.

When her friend calls to drop over, she has to fib to avert them coming to her home.
Extension-
Both Internally and Externally Driven
Avoiding shame and embarrassment of failure

Defined…”buying time” delaying the inevitable- no better plan

Cara's Story
Deflection
Externally Driven

Defined: deflection of anger of loved ones
Deflecting to avoid negative consequences

Mother and Child...I fibbed because I needed to deflect trouble.
ADHD and EF Explained
Executive Function Comparison

*Psychologists, (and scientists) would rather share toothbrushes than theories of Executive Function.*

Donna Turner-Campbell, PhD

**Executive Function Defined:**
A set of processes that allow one to shift back and forth flexibly between the big picture, and the numerous details. They are critically important to academic performance.

**Processes:**
- Planning
- Organizing
- Prioritizing
- Shifting: flexible thinking
- Accessing Working Memory
- Checking: monitoring, self-regulation

**Processes:**
- Inhibition & Self-Restraint
- Self-Management to Time (v-wm)
- Self-Organization & Problem Solving (v-wm)
- Emotional Self-Regulation
- Self-Motivation

**Executive Function Defined:**
The use of self-directed actions to choose goals, and to select, enact, and sustain actions across time toward those goals, usually in the context of others and others relying on social and cultural means. This is done for the maximization of one's long-term welfare as the person defines that to be.

**Processes:**
- Activation: Organizing, prioritizing, and activating to work
- Focus: Sustaining and shifting, attention to task
- Effort: Regulating attention, sustaining effort, processing speed
- Emotion: Managing frustration and sustaining emotions
- Memory: Utilizing working memory and accessing recall
- Action: Monitoring and self-regulating action

**Skills that help us to decide what activities or tasks we will pay attention to and which ones we'll choose to do.**
- Planning
- Organization
- Time management
- Working memory
- Metacognition
- Response inhibition
- Emotional control
- Sustained attention
- Task initiation
- Flexibility
- Goal directed persistence

**Brain circuits that prioritize, integrate, and regulate other cognitive functions. Managing the brain’s cognitive functions, they provide the mechanism for “self-regulation.”**
Executive Function

Dr. Russell Barkley defines executive function as "actions we perform to ourselves and direct at ourselves so as to accomplish self-control, goal-directed behavior, and the maximization of future outcomes." •

Dr. Lynn Meltzer adds, “Executive functions are a set of processes that allow one to shift back and forth flexibly between the big picture, and the numerous details. They are critically important to academic performance.

Planning, Organizing, Prioritizing, Shifting Flexibly, Self-regulation, Working Memory, Checking/Monitoring, Emotional regulation
We have come from FFF to our 4th F
What’s happening in the brain?
What’s happening in the brain?

The emergence of the Neocortex: Involved in the production of the spoken word and written language.

The new tool of protection?
Our language and our voice
Vulnerable Moments

• What is a fib?- A statement known by its maker to be untrue in order to deceive” Merriam Webster
• Fabricate- Less judgmental...at the end of the day, its a problem....Trust/relationship
• Coaches see clients in their vulnerable moments
Negative Reinforcement: The Curse of Success

Operant conditioning
  Success
    Repeated as effective
      Negative reinforcement works in the moment-Immediate relief
What’s happening in my brain?
Fear is known to trigger the fight, flight and freeze response

Fight, flight and freeze response
“Terrified people make terrible decisions”

Liz Gilbert
author,
social commentator
The Fourth F

- Fib or Fabricate
- freeze
- fight
- flight
RESILIENCE

Attentional Network - Positive Mindset
PFC

Optimism

Dopamine & Noradrenaline
Happiness

Resilience

Gratitude

Predisposed to -ve bias
Negative Mindset - Limbic

Impaired Emotional Regulation
Negative Self talk and/or Outbursts

Cortisol Production

Stress / Anxiety

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Slow your SPEED....

So, now what...

Strategies to reduce the likelihood of repeating the phenomenon of fibbing
Strategic Intervention
• CALM is like a superpower
• COOL - mindfulness tool
• Metacognitive Socratic questioning
• Create a “space or time” “buying time” - reduce overwhelm
• Extra accountability opportunities
• Accountability partner
• Seek assistance earlier in a problem (EF Self monitoring)
• Further (scaffolding) of goal behavior
• Build trust and relationship

Replace judgement with empathy and connection!
What Is Mindfulness?

An awareness, the awareness that arises from paying attention, on purpose in the present moment, non-judgmentally.

It is like a way of “being” rather than being a set of techniques that you operationalize;

John Kabet Zinn
Distraction Podcast
August 2018
Make WIN  Muscle Memory

WIN
Mindful Fib Crusher

W= What is the "threat" right now?

I= Is there a way to respond (not react) truthfully to benefit this situation?

N= Now what do I need to say or do to move forward successfully?

Making WIN a muscle memory

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Strategies - replacing judgment with Empathy and connection

1. Use metacognitive or Socratic questioning techniques - uncover awareness of fib response.

2. Assist the individual with creating a “space for time” or “buying time” - reduces feeling overwhelmed.
Strategies continued

3. Use **WIN**-strategic mindfulness

4. Encourage client to ask for / create extra, intermittent accountability opportunities - effective self-monitoring and evaluation

5. Encourage use of an accountability partner

6. Encourage the individual to seek assistance or input from others early in the problem-solving challenge
Socratic Questioning

Disciplined questioning that can explore complex ideas:
• to get to the truth of things
• to open up issues or problems
• to analyse concepts
• to distinguish what we know from what we don’t know.

need reference
A Word About Medication...

Inconsistent use of prescribed medications may not be as effective in supporting the brain's ability to slow down, process information and having the resources needed for optimal self-regulation.

Example: Only taking prescribed ADHD medication when needed on test day or only during the week, excluding weekends.
For coach and for significant others
Implement a perspective of curiosity instead of judgment
use open ended questions to uncover the fear component

Coaching question:
“What is it that you are worried about? (Not why are you worried?)

Anyone in the ecosystem can ask a question... everyone working together
Cycle back to the person next to you…
Together We Can, Together We Will!