

# 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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Check us out:

ATTITUDE magazine

Distraction Podcast by Dr. Ned Hallowell

[www.connectadhd.com](http://www.connectadhd.com) (BARBARAS WEB SITE ADDRESS)

# 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

Fabricate

Fictitious

Falsehood

Fable

Fairy Tale



FAIL...

# 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



# Self-Preservation

## Internally Driven CHAOS- Can't Have Anyone Over Syndrome

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

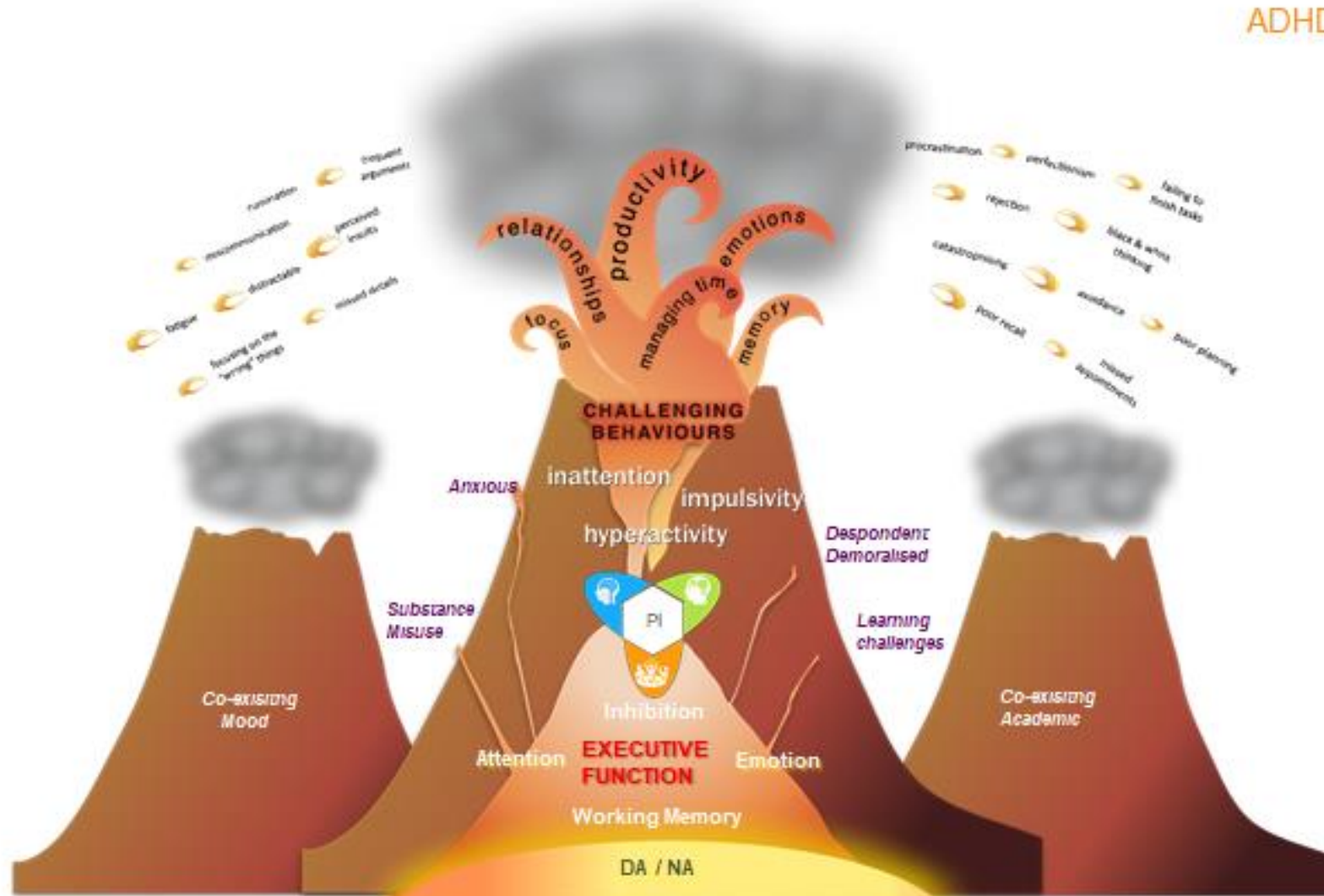
Mother and Child...I fibbed because I needed to deflect trouble.





# ADHD and EF Explained

ADHD & Coaching

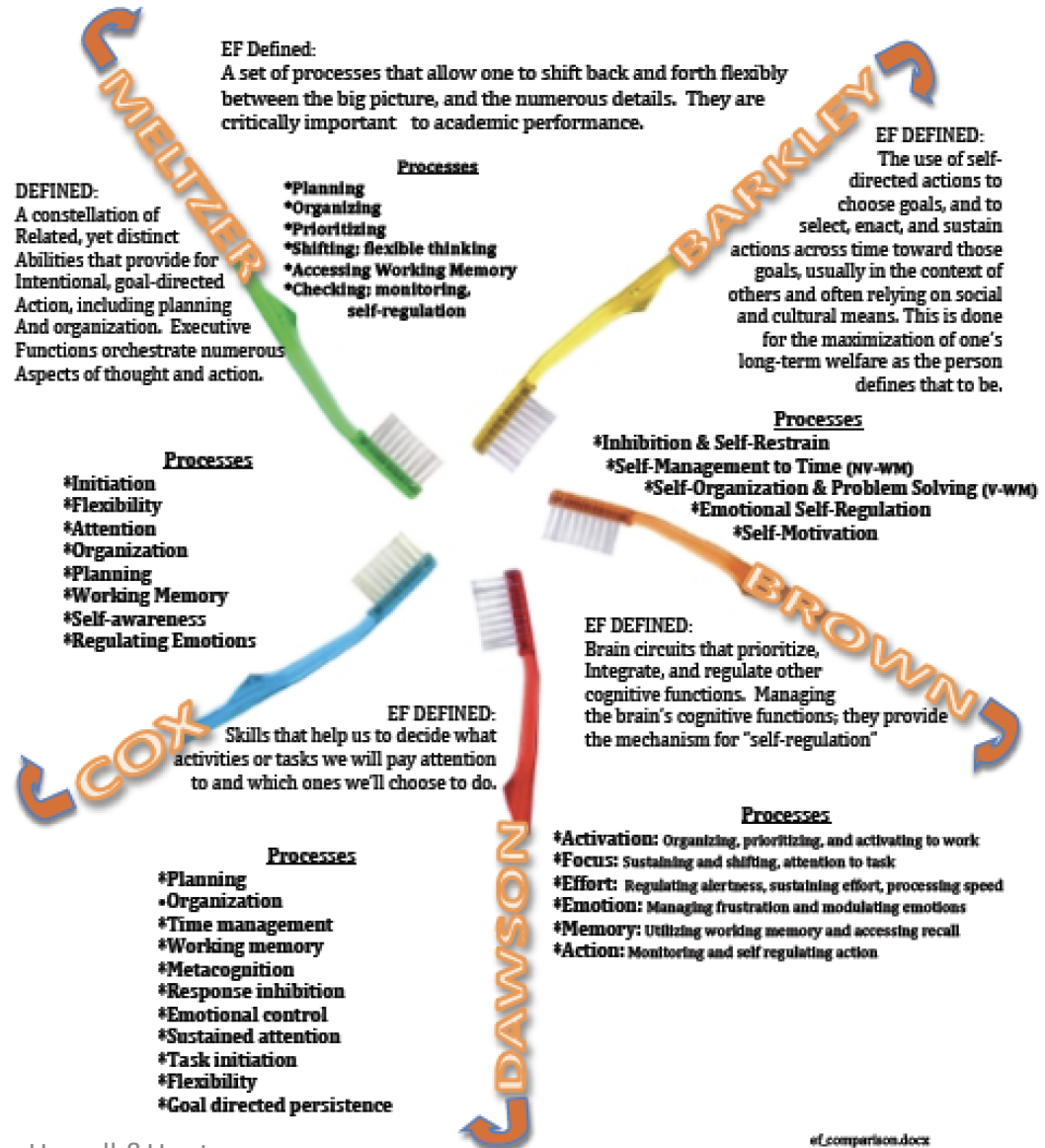


# Executive Function Comparison

Quote:

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

Donna Turner-Campbell, PhD



# Executive Function

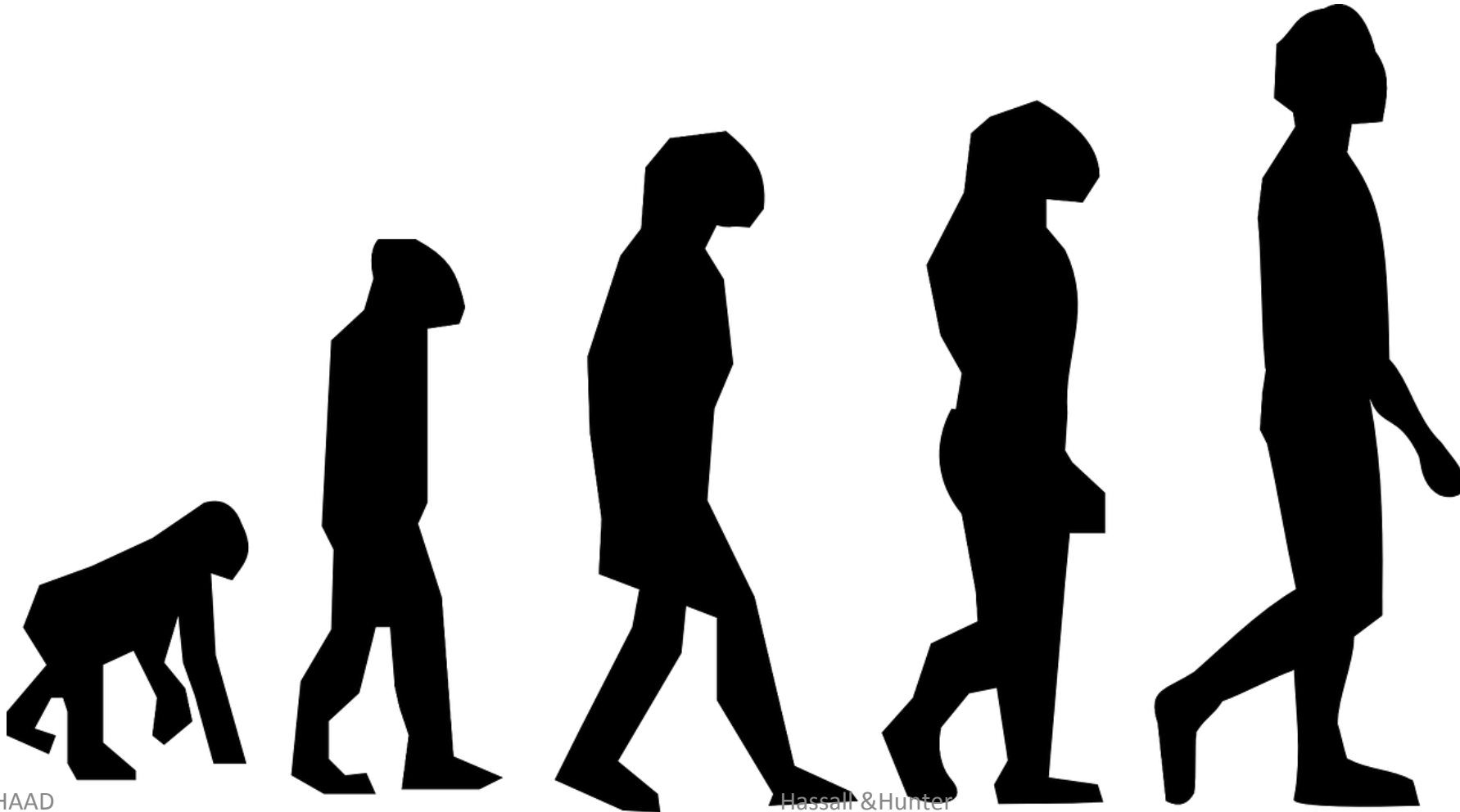
Dr. Russell Barkley defines executive function as "actions we perform to ourselves and direct at ourselves so as to accomplish self-control, goal-directed behavior, and the maximization of future outcomes."•

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**



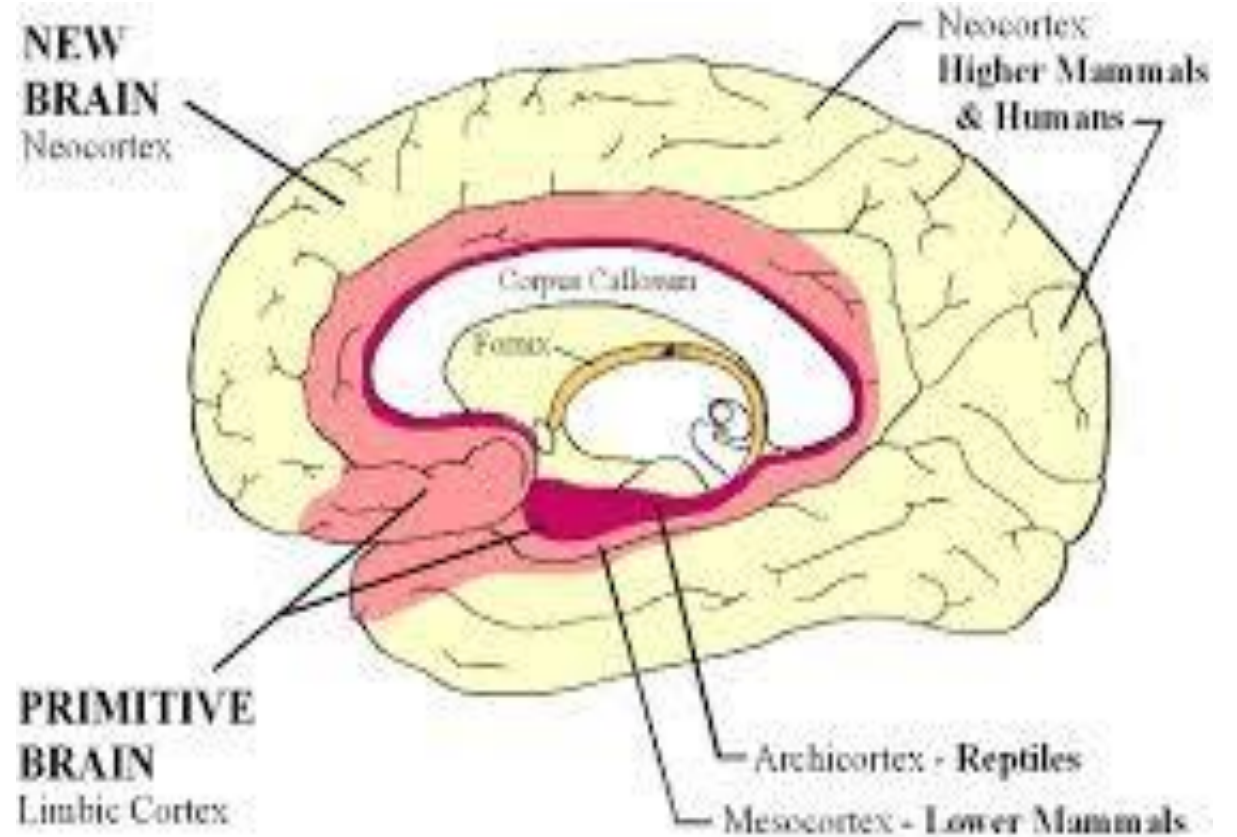
# We have come from FFF to our 4th F



# What's happening in the brain?



CHAAD

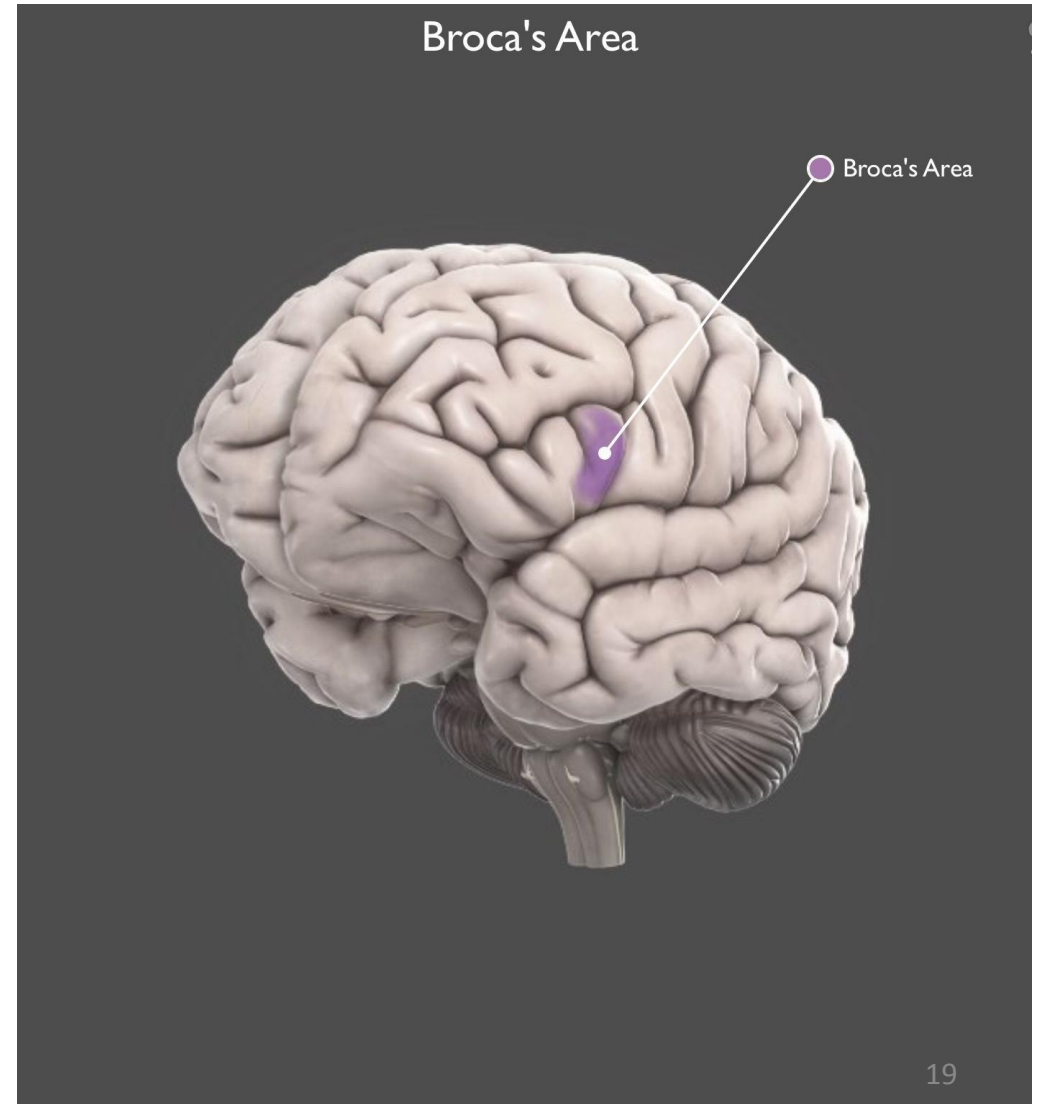


Hassall & Hunter

# 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

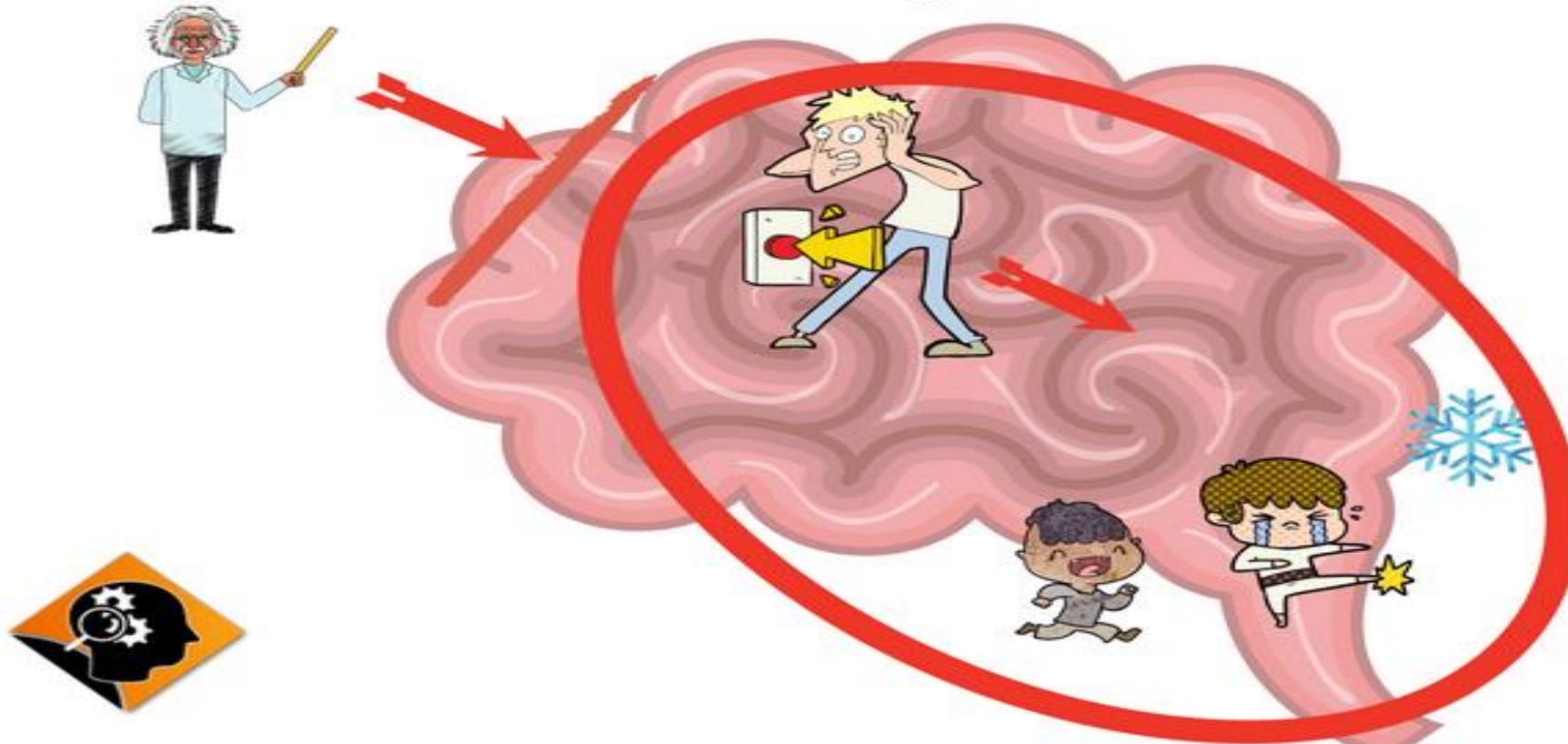
Success

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

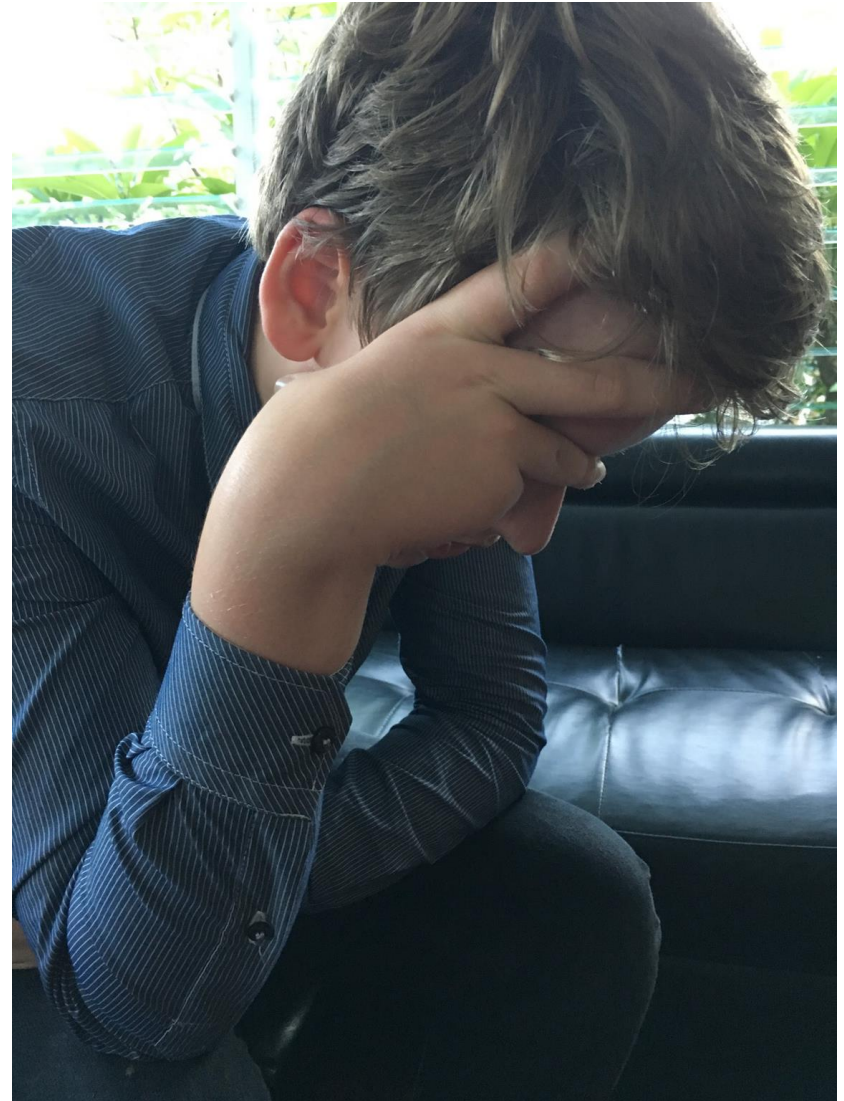
## Fight, flight and freeze response



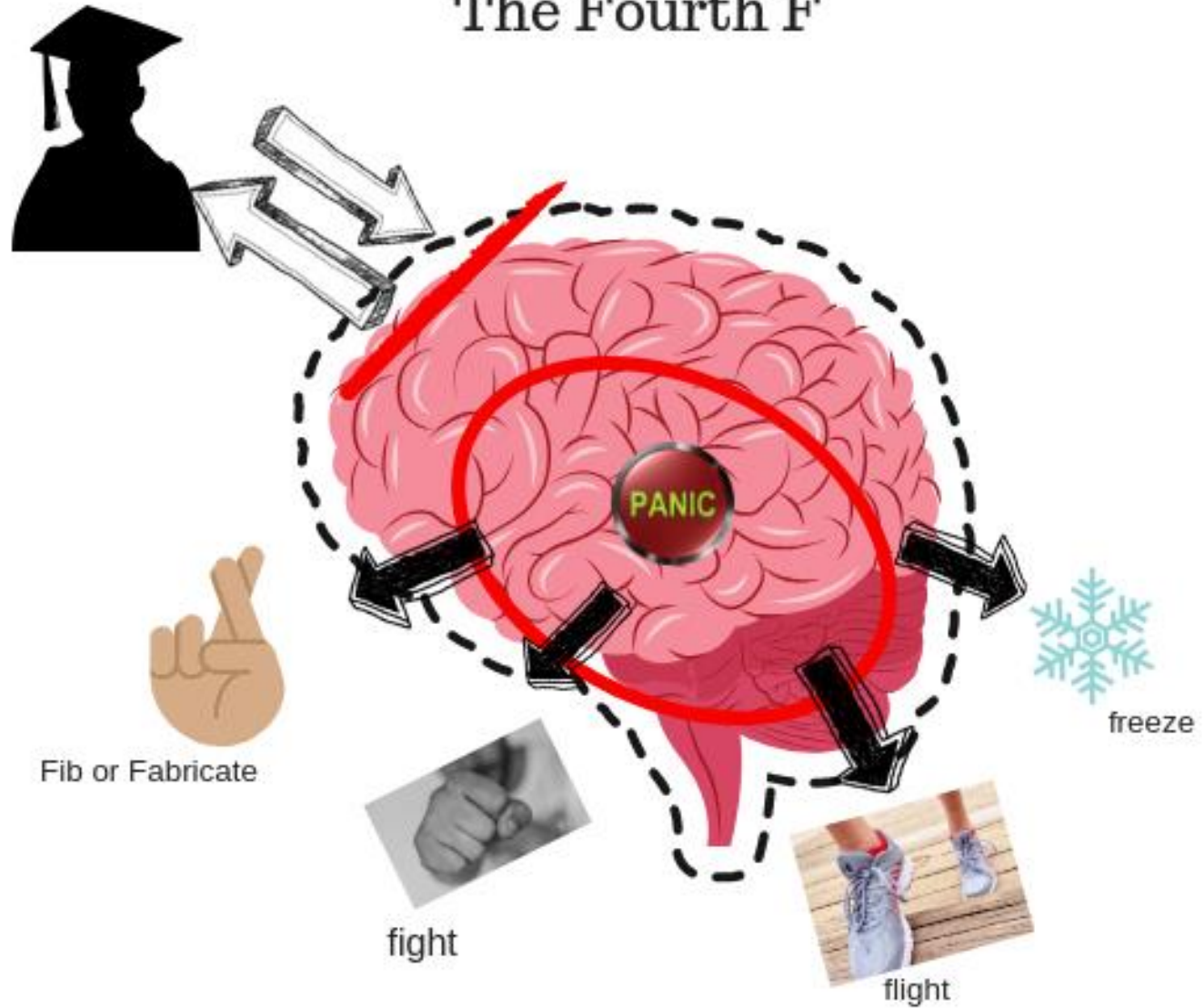


**“Terrified people make terrible decisions”**

**Liz Gilbert  
author,  
social commentator**

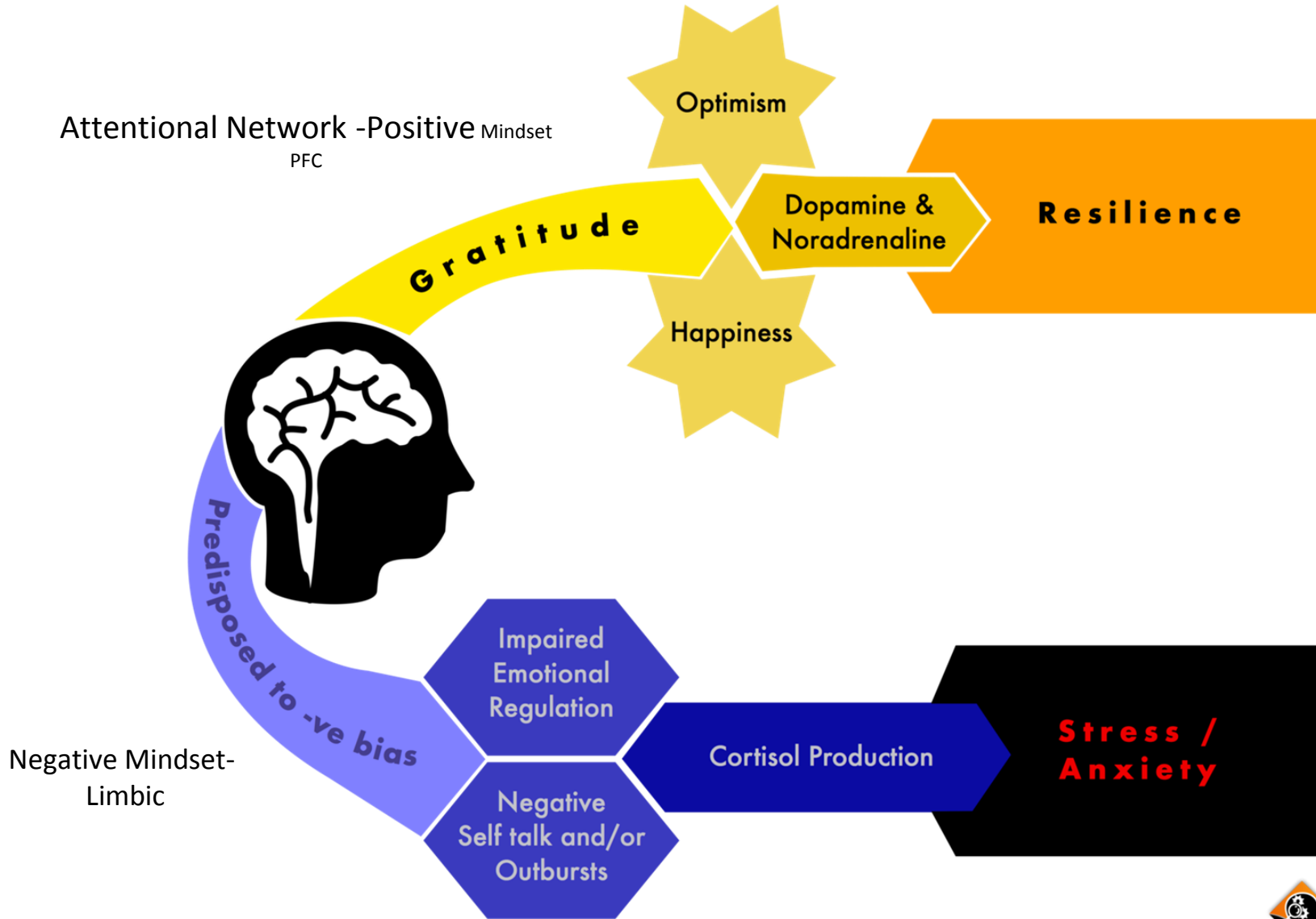


# The Fourth F





# RESILIENCE



# Slow your SPEED....

So, now what...

Strategies to reduce the likelihood of repeating the phenomenon of fibbing

~~failure~~

success



# 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

# 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

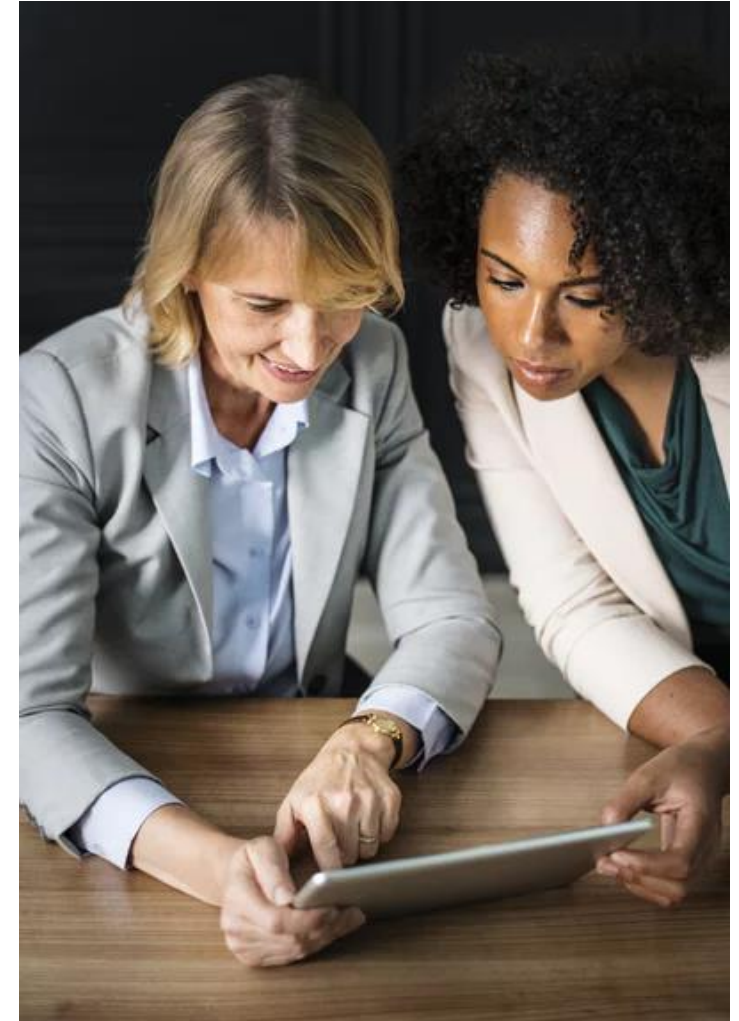
1. Use metacognitive or Socratic questioning techniques- uncover awareness of fib response.
2. Assist the individual with creating a “space for time” or “buying time” - reduces feeling overwhelmed.





# 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

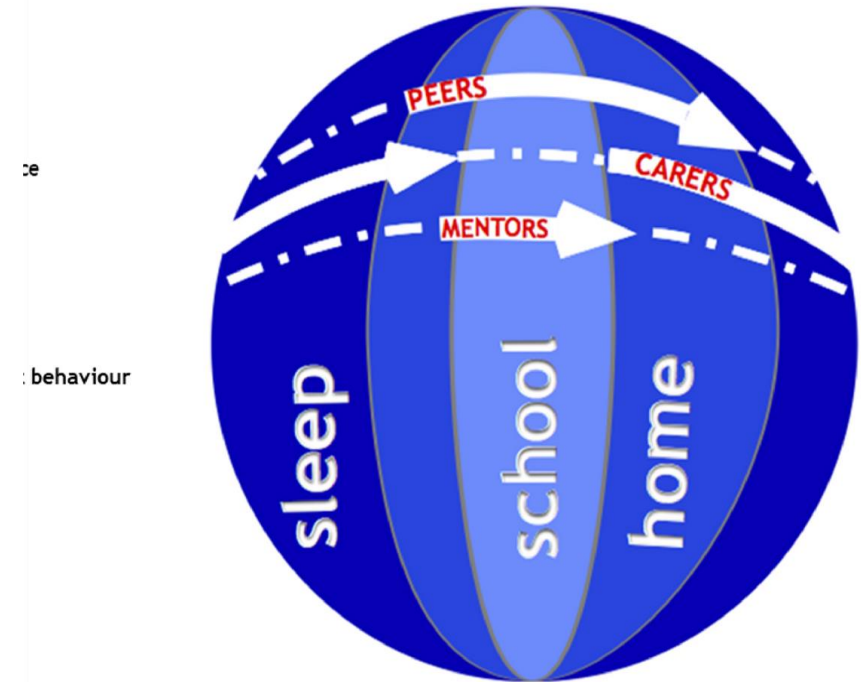




# A Word About Medication...

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!

