



Addicted to Lying Revisited

The Sex Addict's Essential Partner in Crime

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Most people who struggle with a sexual, porn or love addiction are almost universally addicted to LYING.

- Lying is associated with hiding – you don't want to be known.
- Lying is used to cover shame – you pretend to be what you are not.
- Lying is denying the truth yourself to others – you don't have a problem.
- Lying is manipulating reality – you change the facts to create an acceptable story.

SCRIPTURAL UNDERPINNINGS RE: LYING, TRUTH AND HONESTY

James 3:1-12 – Not many of you should become teachers, my fellow believers, because you know that we who teach will be judged more strictly.

2 We all stumble in many ways. Anyone who is never at fault in what they say is perfect, able to keep their whole body in check.

3 When we put bits into the mouths of horses to make them obey us, we can turn the whole animal.

4 Or take ships as an example. Although they are so large and are driven by strong winds, they are steered by a very small rudder wherever the pilot wants to go.

5 Likewise, the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark.

6 The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole body, sets the whole course of one's life on fire, and is itself set on fire by hell.

7 All kinds of animals, birds, reptiles and sea creatures are being tamed and have been tamed by mankind,

8 but no human being can tame the tongue. It is a restless evil, full of deadly poison.

9 With the tongue we praise our Lord and Father, and with it we curse human beings, who have been made in God's likeness.

10 Out of the same mouth come praise and cursing. My brothers and sisters, this should not be.

11 Can both fresh water and salt water flow from the same spring?

12 My brothers and sisters, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water.

James 1:26 – If you claim to be religious but don't control your tongue, you are fooling yourself, and your religion is worthless.

Psalms 119:29 – Keep me from lying to myself; give me the privilege of knowing your instructions.

Proverbs 12:22 – The LORD detests lying lips, but he delights in those who tell the truth. Acts 5:4 The property was yours to sell or not sell, as you wished. And after selling it, the money was also yours to give away. How could you do a thing like this? You weren't lying to us but to God!" Ephesians 4:25 So stop telling lies. Let us tell our neighbors the truth, for we are all parts of the same body

Exodus 20:16 - "You must not testify falsely against your neighbor

A Lie is any Distortion of the Truth... – any way – any time – any amount.

WHEN YOU KNOW YOU ARE IN TROUBLE YOUR ACTIONS SCREAM COVER-UP

These and other activities convey a deep lying pattern: THE GOAL IS TO HIDE!

- Keeping secrets.
- Hiding activities. Withholding whereabouts.
- Not accounting for time in your schedule.
- Not accounting for money spent.
- Holding private conversations. Maintaining private connections.
- Feigning work activities claiming late meetings or long hours to cover
- Demanding Privacy.
- Locking devices. Withholding or Changing passwords.
- Hiding tracks. Using Virtual Private Network (VPN) to hide online searches.
- Erasing searches, deleting conversations.
- Using alternate instant messaging services.
- Turning off location services.

The Techniques of a Liar

1. Minimize or Downplay – not a problem. Progressive disclosure.
2. Withholding – Give a little of the truth making it appear that its all the truth
3. Half Truth – tell only what you can share implying that is all
4. Boldface Lie – it involves a denial of any aspect being questioned about
5. Misrepresent the Truth – telling a whole new story
6. Shade the Truth – sharing only part of the truth.
7. Deflecting – talking about other things – changing the subject
8. Defensiveness – Blaming the other one – changing the person of focus.
9. Explosiveness – another technique to avoid facing the truth – indignant or angry
10. Avoid conversations where you know you will be asked. Drop the subject.

The POWER of IPECAC

***May the HOLY SPIRIT become
your Ipecac Syrup
so that you will violently react
from the inside out
with ANY attempt to tell
any kind of lie!***