

# THE 30-DAY TRUTH Tracker™

Track.  
Understand.  
Respond  
Better.

See the pattern. Change the response.  
Build more honest communication.

## THE TRUTH-SAFETY LOOP™



A simple 30-day system to help  
your child tell the truth, face  
consequences, and repair mistakes.

### INSIDE YOU'LL GET:

- ✓ Daily tracking prompts
- ✓ The Truth-Safety Loop™
- ✓ Reflection & pattern insights
- ✓ Truth Deposits™ to celebrate small moments of honesty
- ✓ Weekly reviews & action steps

GBEMI

## HOW TO USE THIS TRACKER

You don't need to write a full story every time your child lies.

Spend **2–5 minutes a day** recording what happened.

The goal is to answer five simple questions:

1. **What happened before the lie?**
2. **What did my child say?**
3. **How did I respond?**
4. **What happened after?**
5. **Did I notice a Truth Deposit™?**

After 30 days, you'll have something much more useful than a list of lies.

You'll have a **pattern**.

And once you can see the pattern, you can decide what needs to change.

## THE TRUTH-SAFETY LOOP™ REMINDER

Before you start tracking, remember the five stages:

### 1. ANTICIPATE

**“What did my child expect would happen if they told the truth?”**

↓

### 2. ESCAPE

**“What did they say or do to avoid the problem?”**

↓

### 3. DISCOVER

**“How did I discover what really happened?”**

↓

## 4. ESCALATE

**“What happened between me and my child after I discovered the lie?”**



## 5. RESET

**“What could I do differently next time?”**

You don't need to identify every stage every day.

Use the tracker to notice where your family usually gets stuck.

# BEFORE DAY 1

## My Child's Main Lying Pattern

Complete this before you begin.

**My child's age:** \_\_\_\_\_

**The behaviours I am most concerned about:**

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**The situations where lying happens most often:**

- ☐ Homework
- ☐ School
- ☐ Screen time
- ☐ Money
- ☐ Food
- ☐ Chores
- ☐ Siblings
- ☐ Broken/damaged items
- ☐ Where they have been
- ☐ Other: \_\_\_\_\_

**My child's most common response when questioned:**

- ☐ “I didn't do it.”

- ☐ "I don't know."
- ☐ "Someone else did it."
- ☐ "I forgot."
- ☐ Changes the story
- ☐ Becomes angry
- ☐ Cries
- ☐ Goes quiet
- ☐ Other: \_\_\_\_\_

# MY STARTING POINT

Before Day 1, rate each statement from **1–5**.

**1 = Not true at all**

**5 = Very true**

| Statement                                                                  | 1                        | 2                        | 3                        | 4                        | 5                        |
|----------------------------------------------------------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| My child often lies about everyday things.                                 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I find myself questioning my child's answers.                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I often become angry when I catch a lie.                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Conversations about lying often become arguments.                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| My child sometimes admits the truth only after being pushed.               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I worry that lying is becoming a habit.                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| I want my child to know they can tell me the truth after making a mistake. | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

# THE 30-DAY TRACKER

## DAY 1

Date: \_\_\_\_\_

What happened before the lie?

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What did my child say?

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What did I do?

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**What happened next?**

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**Which part of the Truth-Safety Loop™ did I notice?**

☐ Anticipate ☐ Escape ☐ Discover ☐ Escalate ☐ Reset

**What will I try differently next time?**

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## **DAY 2**

**Date:** \_\_\_\_\_

**What happened before the lie?**

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**What did my child say?**

---

**How did I respond?**

---

**What happened next?**

---

**Did I notice any honesty today?**

☐ Yes ☐ No

**Truth Deposit™ I noticed:**

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**One thing I learned:**

## DAY 3

Date: \_\_\_\_\_

The situation:

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The lie or denial:

---

My response:

---

Did I use GUIDE, STATE, or STOP?

☐ GUIDE ☐ STATE ☐ STOP ☐ None

What happened afterward?

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What will I repeat or change?

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## DAY 4

Date: \_\_\_\_\_

What triggered the situation?

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What might my child have expected would happen if they told the truth?

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What did I say?

---

How did my child respond?

---

**Did I make the truth easier or harder today?**

☐ Easier ☐ About the same ☐ Harder

**Why?**

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## **DAY 5**

**Date:** \_\_\_\_\_

**Situation:**

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**What did my child say?**

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**Was the story consistent?**

☐ Yes ☐ No

**Did I interrogate?**

☐ Yes ☐ No

**What could I have said instead?**

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## **DAY 6**

**Date:** \_\_\_\_\_

**Today's lying pattern:**

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**What happened before it?**

---

**What happened after it?**

---

**Truth Deposit™ noticed:**

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**My best response today was:**

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## **DAY 7 — WEEK 1 REVIEW**

**What am I noticing?**

**The situation that triggered lying most often:**

---

**The most common lie/response:**

---

**My most common reaction:**

---

**Where does my family seem to get stuck?**

- ☐ Anticipate
- ☐ Escape
- ☐ Discover
- ☐ Escalate
- ☐ Reset

**One thing I have changed this week:**

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**One improvement I have noticed:**

---

**One thing I need to keep working on:**

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# WEEK 2

## DAYS 8–14

For Week 2, keep tracking the same basic information, but pay closer attention to **your** response.

### Day 8

Situation: \_\_\_\_\_

What happened before: \_\_\_\_\_

What my child said: \_\_\_\_\_

My response: \_\_\_\_\_

Truth Deposit™? ☐ Yes ☐ No

What I learned: \_\_\_\_\_

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### Day 9

Situation: \_\_\_\_\_

What happened before: \_\_\_\_\_

What my child said: \_\_\_\_\_

My response: \_\_\_\_\_

Did I use GUIDE / STATE / STOP? \_\_\_\_\_

What I learned: \_\_\_\_\_

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### Day 10

Situation: \_\_\_\_\_

What happened before: \_\_\_\_\_

**What my child said:** \_\_\_\_\_

**My response:** \_\_\_\_\_

**What happened afterward:** \_\_\_\_\_

**What I'll try next time:** \_\_\_\_\_

\_\_\_\_\_

## **Day 11**

**Situation:** \_\_\_\_\_

**What did my child seem worried about?**

\_\_\_\_\_

**What did I do?**

\_\_\_\_\_

**Did the conversation become an argument?**

☐ Yes ☐ No

**What could have kept it calmer?**

\_\_\_\_\_

\_\_\_\_\_

## **Day 12**

**Situation:** \_\_\_\_\_

**What happened:** \_\_\_\_\_

**Did my child eventually tell the truth?**

☐ Yes ☐ No

**If yes, did I acknowledge it?**

☐ Yes ☐ No

**What did I say?**

\_\_\_\_\_

\_\_\_\_\_

## Day 13

Situation: \_\_\_\_\_

The pattern I noticed:

\_\_\_\_\_

My response: \_\_\_\_\_

Truth Deposit™: \_\_\_\_\_

\_\_\_\_\_

## Day 14 — WEEK 2 REVIEW

What situation keeps coming up?

\_\_\_\_\_

Is my child telling the truth sooner?

☐ Yes ☐ No ☐ Not sure

Are arguments becoming shorter?

☐ Yes ☐ No ☐ Not sure

Am I interrogating less?

☐ Yes ☐ No ☐ Not sure

Am I noticing honesty more often?

☐ Yes ☐ No ☐ Not sure

My biggest improvement:

\_\_\_\_\_

\_\_\_\_\_

# WEEK 3

## DAYS 15–21

Now we're looking for **small signs of change**.

Don't only count fewer lies.

Look for:

- Faster honesty
- Correcting a lie
- Voluntary admissions
- Less blaming
- Less hiding
- Shorter arguments
- More willingness to repair mistakes

### Day 15

What happened: \_\_\_\_\_

Did my child tell the truth without being pushed?

☐ Yes ☐ No

What did I say?

\_\_\_\_\_

Truth Deposit™: \_\_\_\_\_

\_\_\_\_\_

### Day 16

Situation: \_\_\_\_\_

What happened before: \_\_\_\_\_

My response: \_\_\_\_\_

What happened afterward: \_\_\_\_\_

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## Day 17

Situation: \_\_\_\_\_

Did I stay calm?

☐ Yes ☐ Mostly ☐ No

What worked?

\_\_\_\_\_

What didn't?

\_\_\_\_\_

\_\_\_\_\_

## Day 18

Situation: \_\_\_\_\_

Did the story change?

☐ Yes ☐ No

What did I do?

\_\_\_\_\_

Did I use STOP?

☐ Yes ☐ No

\_\_\_\_\_

## Day 19

Situation: \_\_\_\_\_

Truth Deposit™ noticed:

\_\_\_\_\_

How did I acknowledge it?

\_\_\_\_\_

\_\_\_\_\_

## Day 20

Situation: \_\_\_\_\_

What did I learn about my child's triggers?

\_\_\_\_\_

What did I learn about my own triggers?

\_\_\_\_\_  
\_\_\_\_\_

## Day 21 — WEEK 3 REVIEW

Complete these sentences:

My child seems most likely to lie when...

\_\_\_\_\_

My child seems more willing to tell the truth when...

\_\_\_\_\_

I tend to lose my calm when...

\_\_\_\_\_

The response that works best for us is...

\_\_\_\_\_

One change I want to continue:

\_\_\_\_\_  
\_\_\_\_\_

# WEEK 4

## DAYS 22–28

The goal now is consistency.

You are no longer simply looking for lies.

You're looking at the **whole communication pattern**.

### Day 22

Situation: \_\_\_\_\_

My response: \_\_\_\_\_

Truth Deposit™: \_\_\_\_\_

One thing I did well: \_\_\_\_\_

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### Day 23

Situation: \_\_\_\_\_

Did my child come to me first?

☐ Yes ☐ No

If yes, what did they say?

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### Day 24

Situation: \_\_\_\_\_

Did I separate truth from consequence?

☐ Yes ☐ No

What happened?

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## Day 25

Situation: \_\_\_\_\_

Did I avoid an interrogation?

☐ Yes ☐ No

What did I say instead?

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## Day 26

Situation: \_\_\_\_\_

Truth Deposit™: \_\_\_\_\_

What did my child learn from my response?

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## Day 27

Situation: \_\_\_\_\_

What changed compared with Day 1?

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## Day 28

Situation: \_\_\_\_\_

What am I seeing more of?

- ☐ Truth-telling
- ☐ Self-correction
- ☐ Taking responsibility
- ☐ Repairing mistakes
- ☐ Nothing yet

**What still needs work?**

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# DAYS 29–30

## DAY 29 — LOOK BACK

Compare today with Day 1.

### **I notice:**

#### **My child's lying is:**

- ☐ Less frequent
- ☐ About the same
- ☐ More frequent
- ☐ Hard to tell

#### **My child's honesty is:**

- ☐ Improving
- ☐ About the same
- ☐ Getting worse
- ☐ Hard to tell

#### **Our arguments are:**

- ☐ Shorter
- ☐ About the same
- ☐ Longer
- ☐ Less frequent

#### **My response is:**

- ☐ Calmer
- ☐ About the same
- ☐ More reactive
- ☐ Hard to tell

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## DAY 30 — YOUR TRUTH-SAFETY REVIEW

Take a quiet five minutes.

Look through your tracker.

Don't judge yourself.

Look for patterns.

**What surprised me?**

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**The biggest trigger for lying seems to be:**

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**The response that helped most was:**

---

**The response I need to stop using is:**

---

**The biggest Truth Deposit™ I noticed was:**

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**One sign that my child is becoming more open is:**

---

**One thing my child still struggles with is:**

---

**One thing I will continue for the next 30 days is:**

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## **MY FAMILY'S TRUTH PLAN**

Complete this final page and keep it somewhere you can see it.

**In our home, we believe:**

**We tell the truth even when:**

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**When someone makes a mistake, we:**

---

**When someone tells the truth, we:**

---

**When a rule is broken, we:**

---

**When someone needs to correct a mistake, we:**

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## **MY THREE GO-TO PHRASES**

**1.**

“ \_\_\_\_\_ ”

**2.**

“ \_\_\_\_\_ ”

**3.**

“ \_\_\_\_\_ ”

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## **MY TRUTH-SAFETY COMMITMENT**

I don't expect my child to become perfect.

I don't expect myself to become perfect either.

But I can choose to build a home where:

**Truth is welcome.**

**Wrongdoing still has consequences.**

**Mistakes can be repaired.**

**People can admit when they are wrong.**

**And nobody has to hide forever because they made a mistake.**

My commitment for the next 30 days is:

**“I will stay firm about behaviour while making it easier for my child to come back to the truth.”**

**Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

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## **THE FINAL CHECK-IN**

After 30 days, ask your child one simple question:

**“Do you feel like you can tell me the truth when you've made a mistake?”**

Then listen.

Don't defend yourself.

Don't correct their answer.

Don't turn it into another lecture.

Just listen.

Their answer may tell you more than any tracker ever could.

And remember:

**The goal was never to create a child who is afraid to lie because Mum or Dad is watching.**

The goal is to help build a child who learns:

**“When something goes wrong, I can tell the truth, face what happened, and still be okay.”**

That is the real purpose of the **30-Day Truth Tracker™**.