



THE TRUTH-SAFETY LOOP™
SERIES

THE FAMILY HONESTY *Reset Kit*™



A simple family toolkit
for making
truth-telling easier,
calmer, and more
consistent



FAMILY
AGREEMENT



PRACTICAL
SCRIPTS & PHRASES



THE TRUTH-SAFETY
LOOP™ MAP



TOOLS, TRACKERS
& RESET GUIDES



G B E M I

A simple family toolkit for making truth-telling easier, calmer, and more consistent

You've read the guide.

You've got the **30-Day Truth Tracker™**.

You've got the **50 Truth-Telling Scripts™**.

Now you need something you can actually **use with your family**.

That's what this kit is for.

You don't need to sit everyone down for a two-hour family meeting.

You don't need to print every page.

Pick the tools that fit your family and start small.

The goal is simple:

Make honesty a normal part of family life — while keeping rules, boundaries, and consequences firmly in place.

TOOL 1: OUR FAMILY TRUTH AGREEMENT

In Our Family, We Tell the Truth

This is not a list of threats.

It is a simple agreement about how your family handles mistakes.

Our family agrees:

- 1. We tell the truth, even when the truth is uncomfortable.**
- 2. We can admit mistakes without being called names.**
- 3. Telling the truth does not remove responsibility.**

4. When someone makes a mistake, we look for a way to repair it.
 5. We listen before we judge.
 6. We do not use someone else's mistake to shame them later.
 7. We can always come back and tell the truth.
 8. Parents follow these rules too.
-

Our family's own rule:

In our home, honesty means

_____.

When someone makes a mistake, we

_____.

When someone tells the truth, we

_____.

Family name: _____

Date we agreed: _____

Parent/Guardian: _____

Child/Children: _____

TOOL 2: THE TRUTH BEFORE TROUBLE™ CARD

Keep this where you can see it.

When your child admits something wrong:

1. TRUTH

Let them tell you what happened.



2. ACKNOWLEDGE

“Thank you for telling me.”



3. RESPONSIBILITY

“What happened still needs to be dealt with.”



4. REPAIR

“What can we do to fix this?”

Remember:

Truth does not erase consequences.

Truth makes responsibility possible.

TOOL 3: GUIDE — STATE — STOP

When you're not sure what to say, identify the situation.

GUIDE

Your child tells the truth.

Say:

“Thank you for telling me. Tell me what happened.”

Then help them face the behaviour.

STATE

You know they're lying.

Say:

"I know what happened. You don't need to make up another story. Tell me the truth."

Then give them space.

STOP

The story keeps changing.

Say:

"Let's pause here. When you're ready to tell me the full truth, we'll continue."

Then stop the argument.

Remember:

GUIDE when they tell.

STATE when you know.

STOP when the story keeps changing.

TOOL 4: THE TRUTH-SAFETY LOOP™ MAP

When a lie happens, don't only ask:

"Why did my child lie?"

Look at the whole loop.

ANTICIPATE

What did my child think would happen if they told the truth?

↓

ESCAPE

What did they do to avoid that situation?

↓

DISCOVER

How did I find out?

↓

ESCALATE

Did the conversation turn into an argument or interrogation?

↓

RESET

What can I do differently next time?

My family's most common loop:

ANTICIPATE:

ESCAPE:

DISCOVER:

ESCALATE:

RESET:

TOOL 5: THE FAMILY HONESTY PHRASES

Choose three phrases that everyone in the family can understand.

“Tell me what happened.”

Used when something goes wrong.

“You can always come back to the truth.”

Used when someone is afraid to admit something.

“Let's deal with what happened.”

Used after the truth comes out.

“What can we do to fix it?”

Used to move toward repair.

“Thank you for being honest.”

Used when someone tells the truth.

“The truth doesn't remove responsibility.”

Used when someone thinks confession means there will be no consequence.

Our Three Family Phrases

1. _____

2. _____

3. _____

TOOL 6: THE TRUTH DEPOSIT™ CHART

Catch honesty when it happens.

You don't need to reward your child with money or gifts.

Simply notice the honesty.

Date	What did my child tell the truth about?	What did I say?
_____	_____	_____ —
_____	_____	_____ —
_____	_____	_____ —
_____	_____	_____ —
_____	_____	_____ —
_____	_____	_____ —
_____	_____	_____ —

Simple responses:

“Thank you for telling me.”

“I appreciate your honesty.”

“I know that wasn't easy to admit.”

“I’m glad you came to me.”

TOOL 7: THE 7-DAY FAMILY HONESTY CHALLENGE

This is not a competition.

Nobody wins a prize for having the fewest lies.

The goal is to practise a new family habit.

DAY 1 — Tell the Truth

Each family member thinks of one situation where telling the truth can be difficult.

Talk about it calmly.

DAY 2 — Notice Honesty

Each parent looks for at least **one Truth Deposit™**.

Acknowledge it.

DAY 3 — Practise Repair

Ask:

“If we make a mistake, how can we fix it?”

Let the children answer.

DAY 4 — No Interrogation Day

When something goes wrong, practise asking:

“Tell me what happened.”

Then listen.

DAY 5 — Parent Honesty

Let your child see you admit a small mistake.

For example:

“I said I would do that earlier, but I forgot. I'm sorry.”

Show them that adults tell the truth too.

DAY 6 — Truth Before Trouble™

If a child admits a mistake today:

Acknowledge the truth first.

Then deal with the behaviour.

DAY 7 — Family Check-In

Ask:

“What makes it easier to tell the truth in our family?”

Then ask:

“What makes it harder?”

Listen.

Don't argue with the answers.

TOOL 8: THE “I MADE A MISTAKE” CARD

Give this to your child.

They can use it when they don't know how to start a difficult conversation.

I need to tell you something.

What happened?

What did I do?

Who was affected?

What can I do to help fix it?

My first sentence:

“Dad/Mum, I need to tell you something that happened.”

Then:

Tell the truth.

You don't need a perfect explanation.

You just need to start.

TOOL 9: THE PARENT PAUSE CARD

When you feel yourself getting angry:

STOP.

S — Stop talking for a moment.

T — Take one breath.

O — Observe what is actually happening.

P — Pick your response.

Then ask yourself:

“Am I trying to teach, or am I trying to win?”

If you're trying to win, pause.

Your child doesn't need you to win the argument.

They need you to help them learn.

TOOL 10: THE REPAIR CARD

Sometimes the truth is out.

The consequence has happened.

Now what?

Use these four questions:

1. What happened?

2. Who was affected?

3. What needs to be repaired?

4. What can we do differently next time?

Then finish with:

“We've dealt with what happened. Now we can move forward.”

That last sentence matters.

A mistake should not become a permanent family identity.

TOOL 11: THE “TRY AGAIN” SCRIPT

Sometimes your child lies immediately.

Instead of saying:

"You're a liar!"

try:

"That's not what I believe happened. Let's try that answer again."

Then wait.

This gives your child a chance to correct the answer without turning the moment into a huge confrontation.

TOOL 12: THE FAMILY RESET CONVERSATION

Use this when lying has become a repeated family problem.

Pick a calm time.

Not immediately after a fight.

Sit together.

Then say:

"I want us to talk about something. In this family, people will make mistakes. That's normal. What I don't want is for anyone to feel they have to hide the truth."

Then continue:

"You will still be responsible for what you do. But I want you to know that telling the truth is always the better way to start fixing a problem."

Then ask:

"What would make it easier for you to tell me the truth?"

Listen.

Don't interrupt.

Don't defend yourself.

This question may reveal something you didn't know.

TOOL 13: THE FAMILY HONESTY SCORECARD

At the end of each week, rate your family from **1–5**.

1 = We need a lot of work

5 = We're doing well

Area	Score
We tell the truth when mistakes happen	____ / 5
Parents stay calm enough to listen	____ / 5
Children can admit mistakes	____ / 5
We avoid long interrogations	____ / 5
Consequences are fair and predictable	____ / 5
We notice honesty	____ / 5
We repair mistakes	____ / 5
We move forward after problems	____ / 5

One thing we're proud of:

One thing we'll improve next week:

TOOL 14: OUR FAMILY'S TRUTH PROMISE

Fill this out together.

In our family, we will try to tell the truth even when

_____.

When someone makes a mistake, we will

_____.

When someone tells the truth, we will

_____.

When someone is afraid to tell the truth, we will

_____.

When something goes wrong, we will look for a way to

_____.

Signed by:

Parent: _____

Parent: _____

Child: _____

Child: _____

Date: _____

THE FAMILY HONESTY RESET — ONE PAGE

If you don't use anything else in this kit, use this page.

WHEN SOMETHING GOES WRONG:

1. PAUSE

Don't react immediately.

2. ASK

“Tell me what happened.”

3. LISTEN

Let the child speak.

4. ACKNOWLEDGE

“Thank you for telling me.”

5. ADDRESS

The behaviour still matters.

6. REPAIR

Ask:

“What can we do to fix this?”

7. MOVE FORWARD

Don't turn one mistake into a permanent label.

THE PROMISE OF THIS KIT

Your family will still have arguments.

Your child will still make mistakes.

You may still hear:

“But Dad, I didn't do it!”

And yes, there may still be days when you lose your patience.

That's okay.

The goal isn't a perfect family.

The goal is a family with a **better way to handle imperfect moments.**

A family where children learn:

I can admit a mistake.

I can tell the truth.

I can face consequences.

I can repair what I damaged.

And I can move forward.

And where parents learn:

I can be firm without humiliating my child.

I can enforce rules without turning every mistake into a battle.

I can make room for truth without removing responsibility.

That is the heart of the **Family Honesty Reset Kit™**.

Truth is welcome. Responsibility still matters. Repair is always possible.