



THE TRUTH-SAFETY LOOP™
SERIES

THE PARENT'S 50 TRUTH-TELLING *Scripts*™



Exactly What to Say
When Your Child
Lies, Hides, Denies, or
Finally Tells the Truth



50 PRACTICAL SCRIPTS
FOR REAL-LIFE MOMENTS



G B E M I

Exactly What to Say When Your Child Lies, Hides, Denies, or Finally Tells the Truth

You don't need another lecture.

You need the right words **when the moment is happening**.

Use these scripts as a starting point. Change the wording so it sounds natural in your own voice, but keep the principle behind each one.

Remember: the goal is not to remove consequences. The goal is to make **honesty easier while keeping responsibility intact**.

WHEN YOUR CHILD SAYS "I DIDN'T DO IT"

1. When you already know what happened

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

2. When you only suspect they did it

"Something doesn't add up. Help me understand what happened."

3. When they keep denying it

"I'm not going to argue with you. When you're ready to tell me the truth, we can continue."

4. When you have clear evidence

"I saw what happened, so we don't need to spend time proving it. Tell me your side."

5. When they say, "You don't believe me!"

"I want to hear you. Tell me what happened from the beginning."

WHEN YOUR CHILD FINALLY TELLS THE TRUTH

6. When they admit a small mistake

“Thank you for telling me. Now let’s fix what happened.”

7. When they admit something serious

“I’m glad you told me. What happened still matters, so we’re going to deal with it.”

8. When they confess after lying

“I’m glad you corrected yourself and told me the truth. Next time, tell me sooner.”

9. When they look afraid

“You can tell me what happened. I may not like it, but I need the truth.”

10. When they voluntarily come to you

“I’m glad you came to me instead of hiding it. Tell me what happened.”

WHEN YOUR CHILD CHANGES THE STORY

11. First story changes

“You just gave me a different answer. Take your time and tell me what really happened.”

12. Story changes again

“The story keeps changing. Let’s pause and start again when you’re ready to tell me the full truth.”

13. They add a new excuse every time

“You don't need to keep explaining. I want the simple truth about what happened.”

14. They say, “I forgot”

“It's okay if you don't remember everything. Tell me the part you do remember.”

15. They become angry when questioned

“You can be upset. We still need to talk about what happened.”

WHEN YOUR CHILD BLAMES SOMEONE ELSE

16. They blame a sibling

“Tell me what your brother did, but also tell me what you chose to do.”

17. They say, “But she made me do it”

“Someone else may have influenced you, but you are still responsible for your choice.”

18. They say everyone else was doing it

“I understand that other people did it. I'm asking about your choice.”

19. They say, “It's not fair because he did it too”

“We'll deal with what he did too. Right now, we're talking about what you did.”

20. They blame the situation

“Tell me what made it difficult, but don't leave out your part in what happened.”

WHEN THE LIE IS ABOUT HOMEWORK OR SCHOOL

21. “Did you do your homework?”

If they say yes and you discover they didn't:

“The homework isn't done. You don't need to tell me another story. Tell me what happened.”

22. They say the teacher didn't give homework

“Okay. Let's check the information together rather than argue about it.”

23. They say they forgot

“Thank you for telling me. Now let's work out how you'll complete it.”

24. They hide a poor result

“You don't have to hide a bad result from me. Let's look at it and see what you need help with.”

25. They say they finished studying when they didn't

“I care about what you actually did, not what you think I want to hear. Tell me honestly.”

WHEN THE LIE IS ABOUT SCREEN TIME

26. You find them using a device after the agreed time

“I can see you used the phone after the agreed time. Tell me what happened.”

27. They say, “It was only five minutes”

“We'll talk about how long you used it, but first I need the truth.”

28. They secretly use your phone

“Using my phone without permission was against the rule. Tell me why you chose to do it.”

29. They delete something to hide what they did

“Trying to hide what happened makes the problem harder. Tell me what happened so we can deal with it.”

30. They admit it without being caught

“Thank you for telling me yourself. You still broke the rule, but I'm glad you came to me.”

WHEN MONEY OR BELONGINGS ARE INVOLVED

31. Money is missing

“Some money is missing. I want everyone to tell the truth about what happened.”

32. Your child took money without asking

“Thank you for telling me. Taking the money without permission was wrong, and we're going to deal with that.”

33. They deny breaking something

“I need you to tell me what happened, not what you think will keep you out of trouble.”

34. They broke something accidentally

“Accidents happen. What matters now is telling me what happened and helping fix it.”

35. They damaged something deliberately

“You need to be honest about what you did. Once we know the truth, we can decide how to repair the damage.”

WHEN YOUR CHILD IS AFRAID OF YOUR REACTION

36. “You will beat/shout at me”

“I may be upset about what happened, but I want you to tell me the truth. We will talk about what happens next.”

37. They are crying before telling you

“Take a moment. You don't have to rush. When you're ready, tell me what happened.”

38. They say, “I was scared to tell you”

“Thank you for telling me that. I want us to work on making it easier for you to come to me when something goes wrong.”

39. They say, “You will be angry”

“I may feel angry, but I still want to know the truth. Let's deal with one thing at a time.”

40. They say, “I thought you would punish me”

“There may still be a consequence for what happened, but you don't have to hide the truth from me.”

WHEN YOU NEED TO CORRECT YOUR CHILD WITHOUT SHAMING THEM

41. Instead of “You're a liar”

Say:

“What you just told me wasn't true. Let's try again.”

42. Instead of “I can't trust you”

Say:

“Trust grows when we tell each other the truth and do what we say we'll do.”

43. Instead of “You always lie”

Say:

“You've lied about this, and we need to deal with it.”

44. Instead of bringing up every old mistake

Say:

“We're dealing with what happened today. Let's focus on fixing this.”

45. When you're too angry to speak calmly

Say:

“I'm upset right now. I'm going to take a moment, then we'll talk about what happened.”

WHEN YOU WANT TO BUILD MORE HONESTY

46. When your child corrects themselves

“I appreciate that you corrected yourself and told me the truth.”

47. When they admit something difficult

“I know that wasn't easy to say. Thank you for being honest.”

48. When they tell the truth before you ask

“I'm glad you came to me first. That's the kind of honesty I want you to keep practising.”

49. When they make a mistake but tell you immediately

“You made a mistake, but you did the right thing by telling me. Now let's work out how to fix it.”

50. When you want to remind your child of the bigger family rule

“In this family, telling the truth doesn't mean there are no consequences. It means we can face the problem together.”

THE 5 SCRIPTS TO MEMORIZE

You don't need to memorize all 50.

If you're overwhelmed, start with these five:

When you know they're lying:

“I know what happened. Tell me the truth.”

When they tell the truth:

“Thank you for telling me. Now let's deal with what happened.”

When the story keeps changing:

“Let's pause. We'll continue when you're ready to tell me the full truth.”

When they are afraid:

“I may not like what happened, but I need you to tell me the truth.”

When they voluntarily confess:

“I'm glad you came to me. Let's work out how to fix this.”

These five phrases cover a surprising number of everyday situations.

THE GOLDEN RULE

Before you use any script, remember:

Don't say words you don't mean.

If your child tells the truth and there will still be a consequence, don't promise there won't be one.

If you're angry, you don't have to pretend you're not angry.

If something serious happened, don't make it sound small.

The goal is not to make your child think:

“If I confess, nothing will happen.”

The goal is to help them learn:

“Even when something happens, I can tell the truth and face it.”

That's the real power behind the **Truth-Safety Loop™**.

Truth first. Responsibility second. Repair next.

And when you don't know what to say, go back to the simplest sentence of all:

“Tell me what really happened.”