

Deception and Self-Deception in the Treatment of Those with Gambling Disorder and Their Caring Others

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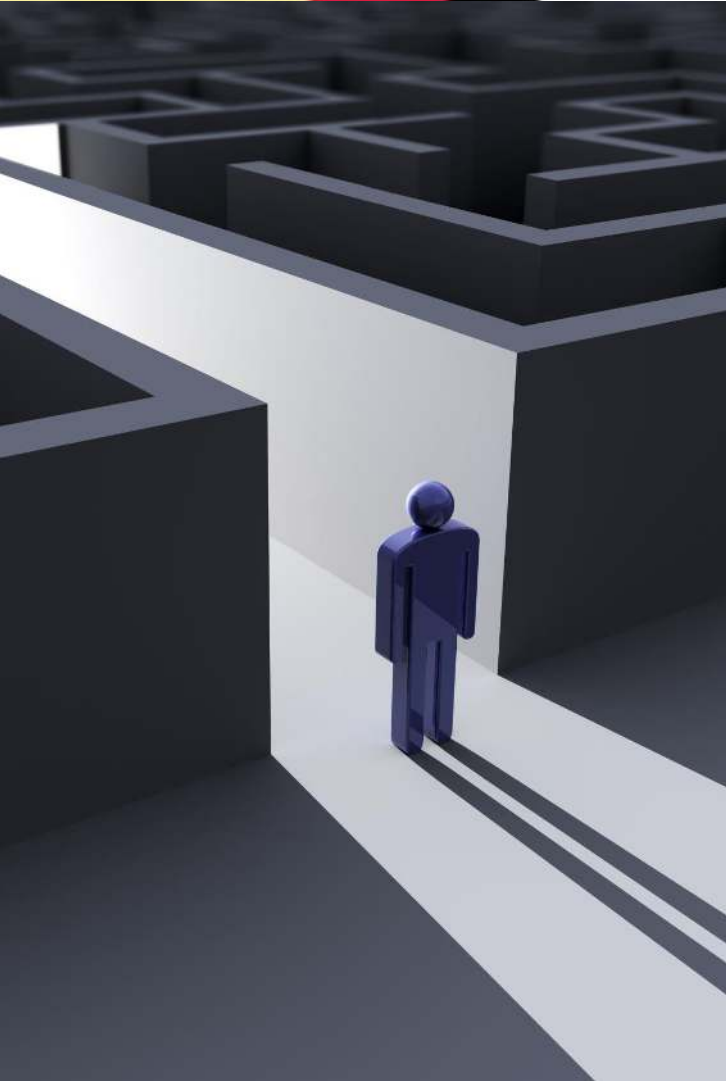
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"The easiest person to fool is
yourself."

Richard Feynman



The Ignorant Person

What is an awakened person?

They are an ignorant person.


They know they are totally ignorant.

They have awakened to their ignorance

What is a deluded person?

They think they know something.

They have not yet awakened to the fact that they know nothing at all.

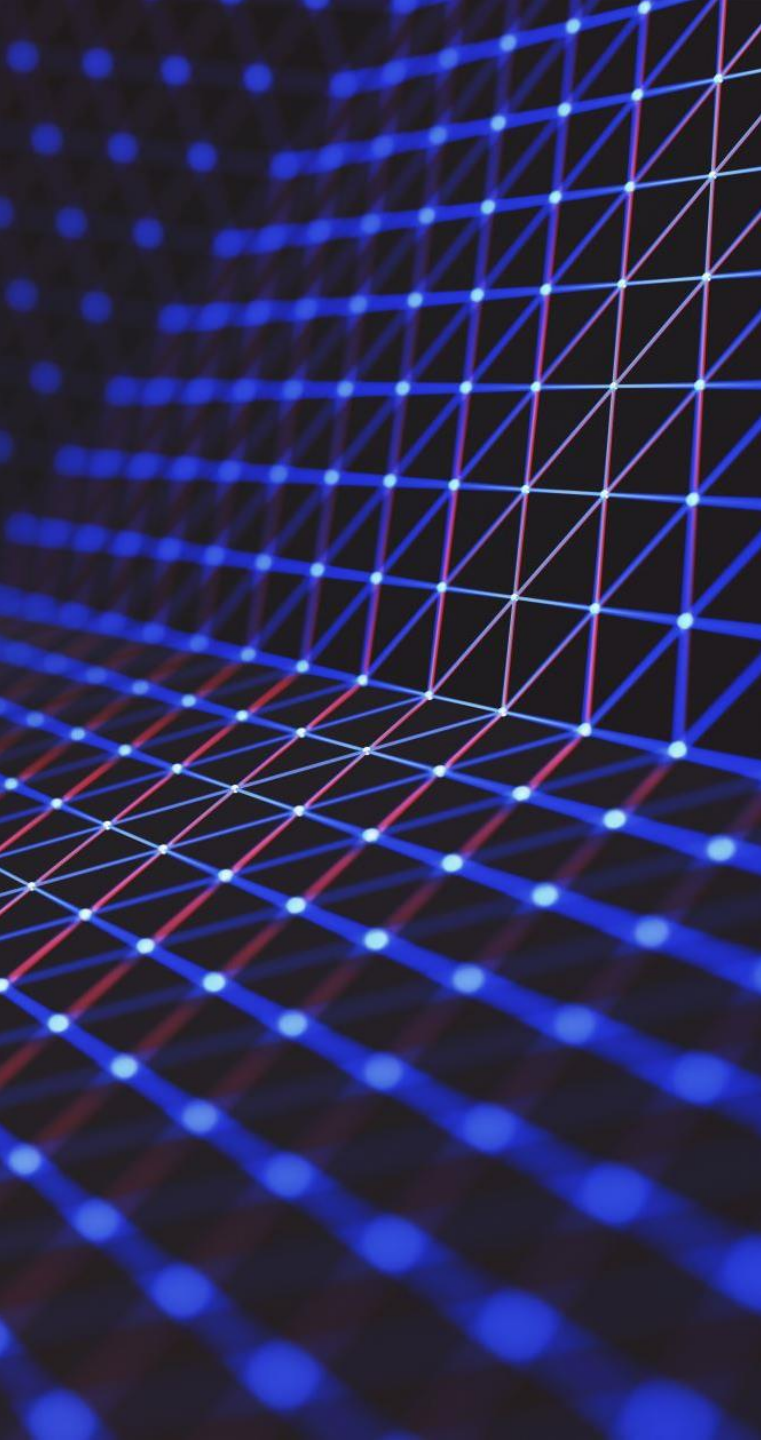


**Belief Systems Associated
with Gambling that Support
Self-Deception**

Luck can be manipulated

**Magical
Thinking/Superstitious
Reasoning**

**More Gambling = Greater
Possibilities**



Belief Systems Associated with Gambling that Support Self-Deception

**Illusion of Control - Strongest
in group with early wins**

Near Misses

Gamblers Fallacy

Belief Systems Associated with Gambling that Support Self-Deception

**The belief that one can predict,
and therefore control the future**

**To win at gambling means one is
special**

Just world hypothesis

Biased Evaluation



Other Self-Deceptions

Primitive Avoidance

Ostrich Defense

Magical Thinking

Procrastination

Starting Over Fantasy



Omnipotence

Of thought: wishing will
make it so

Action: doing something is
better than nothing

Provocation: flirting with
disaster

SELF-DECEPTIONS

**Masks and
Identity**

**Things are not
what they
seem**

**Confusion of
Opposites**

The Deception of Others

Lying:

To make a statement that one knows is false, especially with intent to deceive.

To give a false impression.

The Deception of Others

Motives for Lying

- Avoidance of Punishment
- Autonomy
- To gain advantage/maintain power
- To impress others
- To protect others
- To express aggression
- To facilitate repression and denial
- To fill in the gaps

Ways That We Lie

Commission

Omission

Minimizations

Exaggerations

Half Truths

Vagueness and Generalities



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Lying Among Those with Gambling Disorder

Lying to avoid guilt and shame

To explain themselves

To deny feelings

To impress others

For power



Lying Among Those with Gambling Disorder

- Pathological Liars
 - Habitual Liars
 - Good at it with practice
 - For specific purpose
 - Compulsive Liars
 - For no specific purpose
 - May not recognize when lying
 - May not be good at it



Lying and Personality Disorders

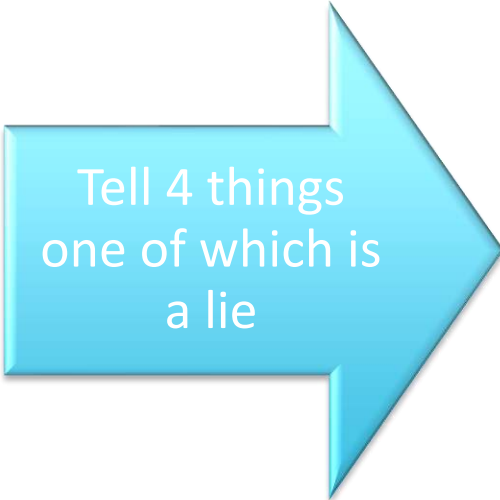
- **Antisocial**
 - Lying to get what want
 - No guilt
 - Convincing
- **Histrionic**
 - Need for love & approval
 - "Affective Truth"
 - Dramatize and Exaggerate
 - Little guilt or insight



Lying and Personality Disorders

- **Borderline**
 - Merge fantasy with fact
 - Lying as a weapon
 - To create an identity
- **Narcissistic**
 - To protect image and self-esteem
 - Exaggerations and Distortions
 - To achieve and maintain sense of power
 - To remain unknown
- **Obsessive-Compulsive**
 - To maintain control
 - Lies of omission (sense of separateness)
 - Conflict between obedience and rebellion

The Lie Game



Tell 4 things
one of which is
a lie



Which is the
lie?

Lie Game



What strategies did you use to tell the lie?



What strategies did you use to figure out the lie?



What did it feel like to try to get away with the lie?



What did it feel like to try to find the lie?

Costs and Benefits of
lying, of being
honest

Lie Game

What is one way you
can practice being a
bit more honest in
the next 24 hours?



Recognizing a Lie

- Facial expressions particularly misleading
- Eye contact falacy
- Nervous habits



Recognizing a Lie

◎ Language

- More negative statements
- Irrelevant information
- Overly general
- Very brief or overly detailed
- Slips of the tongue
- More frequent grammatical errors
- Speaking atypically slowly with pauses
- Longer response time
- Change in pitch/cadence
- Lack of spontaneity



Recognizing a Lie

Irritability

Defensiveness

Overreacting

Deception and Self- Deception: Effects on Family

Vulnerability

Distrust

Hypervigilance

Disconnection

Anger

Power and Control Games

Fear and Anxiety

**Deception
and Self-
Deception:
Effects on
Family**

Self-Distrust

Confusion

Secrecy as SOP



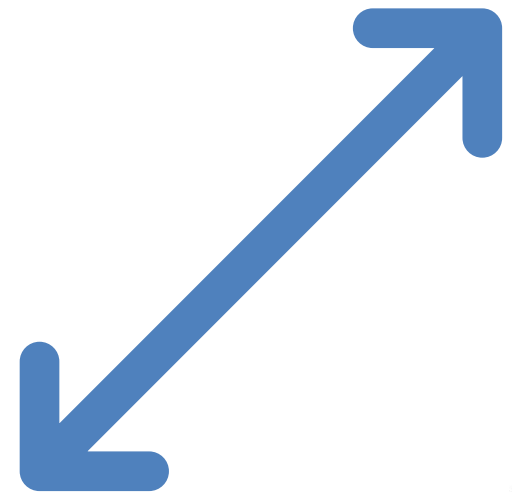
Addressing a Lie

- **Lie probably wasn't meant to be hurtful**
- **An unsuccessful attempt to maintain relationship and avoid discomfort of difficult feelings, confrontation or fight**
- **Speak to the function of the lie**
- **Express that you will do your best to manage your response so that an honest conversation will happen**
- **State the overall goal for the conversation**
- **Don't forget to reinforce any honest response**



Communication and Lying

- **Think through your goal for the conversation. What do you want to accomplish?**
 - Just want your partner to hear your thoughts and concerns?
 - Are there specific behavior changes you'd like?
 - What are you hoping they will share with you and why?
 - How will having that information help you?
 - Are you hoping to open up a channel of communication that will continue over time?
 - Does your goal require addressing the lie or will focusing on the lie move the conversation away from your goal?



Reinforcing Honesty

Just notice

Give verbal
appreciation and
credit (affirmation)

Consequences for Lying

- More challenging
- Express feelings while avoiding being too punitive
- Be clear about expectations/agreement up front about how you will handle suspicions of lies or situations of uncertainty
- Start by agreeing or indication what partner can do to demonstrate they are being truthful
- Is there evidence they can provide?
- Establish regular check in
- Clearly define truth and not truth



October 23 Reflection

- “One’s own self is well hidden from one’s own self,” a renowned philosopher once wrote. “Of all mines of treasure, one’s own is the last to be dug up.” ...I’ve begun acquiring a true sense of self and a comfortable sense of confidence. No longer do I have to react chameleon-like, changing my color from one moment to the next, fruitlessly trying to be all things to all people.

Today I Pray:

I pray to be honest with myself and that I will continue – with the help of God and my friends – to try to get to know the real me....



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Thank You

The Maryland Center of
Excellence on Problem Gambling

Questions

