

## New Horizons Newsletter



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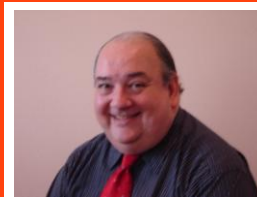
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ISSUE

JUNE 2011



*"May the Lord show you His favor and give you peace."*

(Nu. 6:26)

## LIAR LIAR PANTS ON FIRE!

By Dr. Pierre J. Samaan



Remember in elementary school when one student exposed another student's lie? Then all the students, as if they are on the cast of *Glee*, point and chant, "liar liar pants on fire!" O.K., that was a long time ago! But, there is one thing that has never changed in this world, there have always been liars among us. Now, I am not talking about that occasional lie, for which all of us are guilty. I am talking about those individuals who seem to make a habit or living out of lying.

According to Answers.com, only 12% of people will admit to lying sometimes or often. Believe it or not, the profession with the highest lying numbers is Teachers with a whopping 65% admitting to telling lies. You are most likely to be lied to between 9 to 9:30 PM. If you want the truth from someone, the most likely time to have it revealed is in the early morning hours. The most honest people in the world are Australians, Norwegians, Swedes, and Belgians, in that order. And, researchers found that President Richard Nixon was the most extravagant liar with on the record 837 lies in one day.<sup>1</sup>

The truth is, we are all liars because of our sin nature. As followers of the Messiah Jesus Christ, we are beginning a process of practicing truth rather than lies. *"But he who practices the truth comes to the Light, so that his deeds may be manifested as having been wrought in God."* (John 3:21 NASB)

Lying is a sin, an offense to God that prevents us from fellowship with Him. It was the shedding of the blood of Jesus Christ that paid for the offense of all sins, allowing us eternal fellowship with God. Yet, we go on sinning in our thinking and behaving because of

<sup>1</sup>

Retrieved 6/12/11, from [http://wiki.answers.com/Q/What\\_are\\_some\\_statistics\\_on\\_lying](http://wiki.answers.com/Q/What_are_some_statistics_on_lying)

our sin nature. *"Stop lying to each other; tell the truth, for we are parts of each other and when we lie to each other we are hurting ourselves."* (Ephesians 4:25 TLB)

We call ourselves Christians because we believe in Jesus Christ. This belief compels us to be obedient to God's teachings on how we should live our lives. In so doing, we have surrendered our dark state of mind to God's light and truth through the filling of the Holy Spirit. This is God's Spirit that gives us insight or wisdom into the very essence of God. His truth becomes a light that dispels the darkness which prevented us from understanding Him. What was unknown becomes known. Our continuing sinful thoughts and behavior will over time, decrease in frequency and severity.

I have said this to help you understand that we may continue to lie, but with each passing day, week, month, and year, the sin behavior of lying (and other sins) will dissipate to a trickle for a true Christian. *"For nothing is hidden that will not become evident, nor anything secret that will not be known and come to light."* (Luke 8:17 NASB)

The compulsive liar who is genuine in his/her conversion to Christianity should treat lying as a spiritual and behavioral addiction that will dissipate with focused inner healing through Christian Counseling. *"The secret of the LORD is for those who fear Him, And He will make them know His covenant. . .Blessed are those who wash their robes, so that they may have the right to the tree of life, and may enter by the gates into the city."* (Psalm 25:14; Revelation 22:14 NASB)

To help protect yourself, here are some tips in helping to identify if someone is lying. Remember to pray that the Holy Spirit will reveal the truth.

- Does the person you are observing realize when they are lying? The addictive/compulsive liar more often than not, does not realize they fabricated something. During those times of believing their own lies to be the truth, they genuinely believe they are telling the truth, which makes you feel they are being genuine.
- Pay attention to facial and body movements when the addictive/compulsive liar replies to a question or tells a story. Most people will display a "tell" when lying. Pupils may enlarge, breathing deepens or becomes shallow, pulse rate increases, facial tics or twitches can be observed, rubbing their face or head with their hand, restlessness or fidgeting, eyes looking down to their left, or fixed on your eyes...etc.
- Pay attention to the frequency of lies. Someone can be considered a liar because he/she lies once in a while. But, a compulsive liar will lie frequently and will not stop even if they are caught in a lie. It is a bad habit that has turned into a compulsive behavior. Some would argue that it has turned into an addictive behavior when they become addicted to the stimulation/thrill of lying and getting away with it.
- Pay attention to how that person seems to lie with ease. A compulsive/addictive liar will not appear uncomfortable or nervous when lying. When lying behavior starts

early in life, the addictive/compulsive liar appears a natural at it as they mature in their lies. They appear comfortable both telling a lie, as well as telling the truth.

- Pay attention to the types of lies. An addictive/compulsive liar will lie about anything. You will find yourself confused as to why the addictive/compulsive liar would fabricate something that is meaningless. Focus on the types of things that the person lies about.
- Think about the reason the liar would have to lie. Emotionally immature people will try to get themselves out of a situation by lying. They will also lie if it is beneficial. For an addictive/compulsive liar, on the other hand, lying becomes a life style where the absence of lying would be very uncomfortable for them.
- If you are questioning whether someone is an addictive/compulsive liar, try to learn if they appear to have characteristics of a personality disorder. The exaggerated fear of abandonment or rejection or all or nothing thinking can be signs of personality disturbances. These people may either have an exaggerated need for attention or need to be left alone, so they can feel better about themselves. The addictive/compulsive liar will display either no emotions or expressions, or they will display vengeful emotions because of their fear you will see their weaknesses.
- Notice if they keep changing their story. Oh, what a tangled web we weave when we play the game to deceive. I once treated a Christian with over thirty identities (multiple personalities or DID). I documented the characteristics of every one of them. During the entire five years of helping her, she proved she was not lying because she never became confused about her numerous stories or the many personalities. Because of their lying behavior, the addictive/compulsive liar will have trouble keeping his/her story straight. When caught in a lie, they will minimize it or make excuses like, "I forgot...It's been long ago...I didn't sleep well last night...You're judging me..."

### Pray About Being a Prayer Partner & Financial Supporter



#### Cecil Rhodes' Remorse

Considered to be the instigator of the war between the English and South African Boers, Cecil Rhodes became a very wealthy man during his life. He was

obsessed with acquiring wealth from the rich natural resources of South Africa. However, during his death watch, he cried out in regret, *"I've found much in Africa - diamonds, gold, and land are mine, but now I must leave them all behind. Not a thing I've gained can be taken with me. Eternal treasures that abide I have not sought; therefore, I actually have*

nothing at all!"<sup>2</sup>

### Please Pray For. . .

- Pray for Christian brothers and sisters affected by the aftermath of the tornadoes, floods, and fires in the U.S. and the Japanese earthquake. Please give your donations to Christian relief organizations.
- Please pray for all the Christian Counseling clients. God is good, all the time!
- Pray for your church Pastors and staff.
- Pray for Federal, state, and local governments (they need all the help they can get).
- Pray for your children and family.
- Pray for your spouse.

### New Horizons Institute of Counseling/ United Brethren Counseling Ministry

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*\*YOU CAN READ OR DOWNLOAD PREVIOUS NEWSLETTERS IN THE "ARTICLES" SECTION OF OUR WEB SITE.*

"Seeking True Recovery to Replace Pain With Healing Peace."

*Clinical Christian Counseling/Clinical Pastoral Counseling is crisis intervention and strengthening of Christian character and values, which is Discipleship. Our Ordained and Professional Clinical Christian Counselors are committed to the welfare of the Christian. Clients are encouraged to take advantage of their own church programs as part of their Christian Counseling Treatment Plan. We are credentialed professionals who must follow state confidentiality guidelines. **This is not church Lay Counseling in which your confidentiality cannot be guaranteed.***

*Professional Clinical Christian Counseling will help the client, couple, or family move beyond tolerable existence into genuine inner healing, renewal, and wholeness through the work of God's Holy Spirit in the counseling.\**

<sup>2</sup> Tan, Paul Lee, (1991) *Encyclopedia of 7700 Illustrations*, p 834, Twelfth Printing, Bible Communications, Garland, TX.

*Tolerable recovery is the process of getting better. True recovery says, "I made it!" This is when I can look at the source of my pain - which has become a stronghold - and realize it has been replaced with God's healing peace - Replacing the source pain with God's Truth.*

\*Clinical Christian Counselors are exempt from Florida State Licensing, Statute 491.014. All Christian counselors at New Horizons Institute of Counseling are Ordained Clergy, Board Certified & Licensed by the National Board of Examiners of the National Christian Counselors Association. We serve under the authorities of our licensing boards and the Pastor and Board of the UB church.

## NEW RESEARCH FINDINGS

### NEW RESEARCH SHOWS INVOLVED PARENTS ARE LESS LIKELY TO RAISE A CHILD WHO BULLIES

With all of the media attention on young people being tormented by bullies and cyberbullies, parents may wonder what they can do to protect their children. The question they may want to ask instead is how can they prevent their child from becoming a bully. Read article at:

<http://www.medicalnewstoday.com/articles/223839.php>

### THE BIOLOGY OF GROWTH SPURTS; GRANDMA WAS RIGHT - INFANTS DO WAKE UP TALLER

Science is finally confirming what grandma knew all along: infants wake up taller right after they sleep. Findings from the first study of its kind measuring the link between daily growth and sleep show the two are inextricably linked. Read article at:

<http://www.medicalnewstoday.com/articles/223833.php>

### WHO KNOWS YOU BEST? NOT YOU, SAYS PSYCHOLOGISTS

Know thyself. That was Socrates' advice, and it squares with conventional wisdom. "It's a natural tendency to think we know ourselves better than others do..." Read article at:

<http://www.medicalnewstoday.com/articles/224371.php>

### MANY WITH ADHD CAN'T CONTROL EMOTIONS

More than half of people with attention deficit hyperactivity disorder ([ADHD](#)) also have trouble regulating their emotions, and that difficulty may be passed through families, a new study shows. Read article at: [http://www.webmd.com/add-adhd/news/20110506/study-many-with-adhd-cant-control-emotions?ecd=wnl\\_emw\\_051111](http://www.webmd.com/add-adhd/news/20110506/study-many-with-adhd-cant-control-emotions?ecd=wnl_emw_051111)

[http://www.webmd.com/add-adhd/news/20110506/study-many-with-adhd-cant-control-emotions?ecd=wnl\\_emw\\_051111](http://www.webmd.com/add-adhd/news/20110506/study-many-with-adhd-cant-control-emotions?ecd=wnl_emw_051111)

### NICOTINE AND COCAINE LEAVE SIMILAR MARK ON BRAIN AFTER FIRST CONTACT

The effects of nicotine upon brain regions involved in [addiction](#) mirror those of cocaine, according to new neuroscience research.

### YOUNGER GENERATION MORE PRONE TO IMMORAL BEHAVIOR, STUDY FINDS

Young adults under 25 are more than twice as likely as all other adults to engage in behaviors considered morally inappropriate by traditional standards, a survey released

Monday shows. Read article at: <http://www.christianpost.com/news/younger-generation-more-prone-to-immoral-behavior-survey-finds-33983/>

**\*To read the full article, click or copy and paste the URL. The articles are for informational & educational use only. The released studies are not necessarily a reflection of beliefs of this ministry.**