

How to stop compulsive lying.

Do you find yourself lying compulsively? Pursuing treatment for mythomania – or pathological lying – can help you stop this destructive behavior. You will need awareness of your problem, a trained mental health professional and determination, optional a journal and prescription medication.

Step 1. Come to terms with your compulsive lying; admitting you have a problem will help you face it and head on. Tell trusted family and friends about your issue – they'll act as the support system as you work to stop your behavior.

Step 2. Make an appointment with a licensed mental health professional; diagnosing your issue is essential to determining the most effective treatment. Many compulsive liars suffer from personality disorders, like obsessive-compulsive disorder or antisocial personality disorder.

Step 3. Practice cognitive behavioral therapy, a common treatment for other compulsive behaviors. Monitor yourself for lies; then stop and admit your untruths every time you catch yourself. Keep a log of where and why you are lying to understand what triggers your behavior.

Step 4. Talk with your doctor about pharmacological treatment – though no medication specifically designed to treat mythomania exists, a number of prescription drugs have been shown to help cure unwanted compulsive urges.

Step 5. Stick with your treatment – correcting any behavior you have developed over time is challenging, but with a determined attitude and the proper help you can make a positive change in your life.

Did you know? One study found that pathological liars had more white matter and slightly less gray matter in their brains than people who normally tell the truth.