

HOPE THERAPY & COUNSELLING SERVICES

Mythomania

When lying feels like the only option you have.

Qualified counsellors offering support for mythomania and compulsive lying across England — online nationwide and face-to-face. Understanding what's driving it is where things can start to shift.

NCPS ORGANISATIONAL MEMBER

NON-JUDGMENTAL SUPPORT

FROM £65

FREE 15-MIN CONSULTATION

RECOGNISING THE PATTERN

You may have told a lie today — and not entirely understood why

"Maybe it was a story that spiralled further than you intended, leaving you trapped in a version of events you can no longer keep straight. The quiet dread of being found out. The exhaustion of maintaining a fabricated version of yourself."

Mythomania — also known as compulsive or pathological lying — describes a persistent pattern where lying becomes habitual, often compulsive, and frequently without any obvious gain. For many people, it developed as a way of managing something harder: a fear of rejection, deep uncertainty about your own worth, a protective layer built over experiences that felt unsafe.

It is not simply a character flaw or a choice you keep making. It is a behaviour that started for reasons. The consequences — eroded relationships, the difficulty of rebuilding trust, the weight of shame — can feel just as painful as whatever is underneath. If you recognise this, counselling can offer a place to begin understanding what is really going on, without judgement and at your own pace.

About diagnosis: Mythomania is not currently listed as a standalone diagnosis in the DSM-5, but it is widely recognised by clinicians as a significant psychological pattern. Hope Therapy does not provide diagnosis — but our counsellors can offer a supportive space to explore compulsive lying and what may be driving it.

UNDERSTANDING THE ROOTS

A behaviour that started as a way of managing something harder

For many people, lying begins as a coping mechanism — a way of managing anxiety, protecting self-esteem, or avoiding consequences in situations where honesty felt dangerous or simply impossible. Over time, the behaviour can become automatic. The brain, in a sense, practises lying until it feels easier than telling the truth.

Low self-esteem and need for approval

If you grew up in an environment where your real self didn't feel accepted — or where mistakes carried serious consequences — learning to present a more acceptable version of yourself may have felt necessary to survive.

Trauma and earlier experiences

Trauma, neglect, and experiences of feeling powerless or unheard can all play a role. Lying may have been a form of protection — a way to maintain control over how others perceived you when your environment felt unpredictable.

Anxiety and emotional regulation

Compulsive lying is often associated with anxiety — not because anxiety causes dishonesty, but because the emotional regulation challenges it involves can make automatic patterns harder to interrupt in the moment.

ADHD, BPD, and related patterns

Certain conditions — including ADHD and borderline personality disorder — are associated with compulsive patterns more broadly. Understanding this context can reduce self-blame while still making room for change.

Whatever its origins for you specifically, this pattern can be explored, understood, and worked with. Having a named understanding of where it started is often where the possibility of change begins.

WHAT THE WORK LOOKS LIKE

Counselling does not begin with judgement

Your therapist will not be there to evaluate whether you are a good or bad person — they are there to offer a confidential, non-judgmental space in which you can begin to look honestly at your own patterns. The work might involve exploring the roots of compulsive lying: the fears, the unmet needs, the earlier experiences that made dishonesty feel necessary or safe. Many people find that simply having a consistent, trusted person who knows the real picture — someone they cannot lie to — is itself a meaningful part of the process.

THERAPEUTIC APPROACHES

Matched to what feels most useful for you

Counselling

A compassionate, non-directive space to explore the experience of compulsive lying at your own pace — including the shame, the isolation, and the relationships affected. From £65.

CBT

Helps identify the thoughts, feelings, and situations that trigger compulsive lying, and supports the development of alternative responses. Structured and practical. From £65.

Psychodynamic Work

Explores earlier experiences and patterns that may have contributed to compulsive lying — including trauma, attachment, and the stories you have needed to tell about yourself. From £65.

GETTING STARTED

1 Free 15-minute consultation

A brief, relaxed conversation. We listen to what is going on and explore whether counselling could help. No pressure, no obligation.

2 Matched with a therapist

We carefully match you with one of our 90+ qualified therapists. If the fit doesn't feel right, we will find someone else at no extra cost.

3 Your first session

Your therapist takes time to understand your situation. There is no rush and nothing you have to share before you are ready.

WHAT OUR CLIENTS SAY

Client experiences

“

I'd carried a lot of shame about my behaviour for years. My counsellor never made me feel judged — she helped me understand where it had all come from. That made a real difference.

CLIENT — COMPULSIVE LYING

“

I wasn't sure therapy could help with something like this. But being properly honest with someone for the first time in years was more useful than I ever expected.

CLIENT — MYTHOMANIA

“

The free consultation put me at ease straight away. I could talk about things I'd never said out loud before. The online sessions worked really well — I'd recommend Hope Therapy to anyone.

CLIENT — ONLINE, COMPULSIVE LYING

Client experiences are individual. Results vary between people.

COMMON QUESTIONS

Do I need a diagnosis to come to counselling for mythomania?

No. You do not need a diagnosis or a label to seek support. If lying has become a persistent pattern that is affecting your relationships or sense of self, that is reason enough to explore it in counselling. Our therapists work with the experience you bring, not a diagnostic category.

Will counselling stop me from lying?

Counselling does not work as a switch. The aim is not simply to stop the behaviour but to understand what is driving it — the fears, unmet needs, or earlier experiences that made lying feel necessary. As that understanding grows, many people find the compulsion becomes less powerful over time.

Is everything I say confidential?

Yes. Sessions are confidential in line with professional ethical standards. There are limited exceptions — for example, where there is a serious risk of harm to you or someone else — and your therapist will explain these clearly before you begin.

When you feel ready, we're here.

A free, no-obligation 15-minute conversation. No pressure — just a chance to explore whether we can help.

Book: calendly.com/hopetherapy/15-minute-consultation?month=2026-04 · **Call:** 07379 538411 · **Email:** contact@hopefulminds.co.uk

Please note: We are not a crisis or emergency service. If you are in immediate danger, please contact the services below.

999 — Emergency · **Samaritans: 116 123** — Free, 24hrs · **SHOUT: text 85258** — Crisis text

It is a behaviour that started for reasons. Those reasons can be understood — and things can change.

Hope Therapy & Counselling Services offers counselling, CBT, and psychodynamic work for mythomania and compulsive lying — online across the UK and face-to-face across England. Our team of 90+ qualified practitioners provides a confidential, non-judgmental space to explore what is really going on.

TELEPHONE

07379 538411

EMAIL

contact@hopefulminds.co.uk

WEBSITE

www.hopefulminds.co.uk

FREE CONSULTATION

calendly.com/hopetherapy/15-minute-consultation?month=2026-04

ALSO FROM US

The Talk Room Podcast — Unravelling Mythomania: The psychological roots of compulsive lying, its effects on relationships, and how counselling can help. Search **The Talk Room** on Spotify and YouTube, or find it at hopefulminds.co.uk.

Hope Therapy & Counselling Services holds NCPS Organisational Membership, which covers counselling and psychotherapy services. Individual practitioners are registered with the BACP, NCPS, and/or BABCP as appropriate. All practitioners hold appropriate professional insurance. Sessions are confidential, subject to the limited exceptions explained by your therapist at the outset. Results vary between individuals; we do not guarantee specific outcomes. Hope Therapy does not provide clinical diagnosis.