



**DON'T**

**ASK**

And I Won't

Have to Lie

**BEVERLY MAHONE**

**DON'T ASK &  
I WON'T  
HAVE TO LIE**

Lies Women Tell

.

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Benoham Publishing

If you do not wish to be lied to, do not ask questions. If there were no questions, there would be no lies.

~Author B. Traven

Dear Lord,

I told a few more lies today  
That I did not mean to tell  
When the bill collector called  
I told him the check was in the mail.

When my girlfriend asked how her new hairdo looked  
I was forced into another untruth  
“You paid for that?!” I wanted to say  
But that would’ve been uncouth.

And then there was the lie I told myself  
When I went shopping for the perfect dress  
I’ll fit into this size 10—no problem  
It’s just a matter of exercise and eating less

Lord, I am now asking for your forgiveness  
For the truth I always seem to bend  
Although it’s never my intention to lie  
I’m sure I probably will again.

AMEN

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What's better: A lie that draws a smile or the truth  
that draws a tear?

## **The Truth Hurts**

Some 25 years ago, I made a terrible mistake by telling the TRUTH to a girlfriend about her womanizing boyfriend.

To make a long story short, my girlfriend wanted to know what I thought of the new man in her life. Instead of lying and saying something like, "He seems like a good match for you," I had to go and tell her the truth. She had to know about his flirtatious behavior and how he tried to get me to sneak away for a rendezvous during her 30<sup>th</sup> birthday party.

But rather than see him for the scum bag that he was, she turned around and accused me of being the seductress. She questioned what I had said or done to entice him. I became the villain and her arch enemy. Needless to say, we stopped speaking.

That incident made me wonder if there were, indeed, circumstances where it was O.K. to lie. I never had any intention of hurting my friend and I certainly didn't want to see her get hurt by a man who seemed to show little respect for her love.

Not long ago, I heard from her. She said she just called to chat for old time's sake. Of course, her former lover's name never came up during the conversation although I was curious to know how long she put up with his crap after our falling out.

But you know what, even if they were still together today I would just let sleeping dogs lie and say in my most enthusiastic voice, "You go, girl!"

After all, if she managed to put up with him after all of this time, who was I to burst her bubble, right?

Growing older has definitely made me more mindful of something I call “liar’s etiquette.” That means knowing how delicately your lie must be handled under certain circumstances.

*Don’t Ask and I Won’t Have to Lie* is a book about some of the untruths that have come from my lips as well as the lips of other mature, ought-to-know-better women. It also explores the impact those lies can have.

In case you’re wondering what would make a middle-aged, menopausal grandmother write a book like this, you’ll have to read on for the answer. I will tell you this: my lie could’ve cost me my life.

*Don’t Ask and I Won’t Have to Lie* is not meant to psychoanalyze the deeply rooted issues that may have manifested the turmoil in your life and led to your lying habits.

You need a Therapist for that.

## **Did You Know?**

You and I will tell an average of 88,000 lies over the course of our lives, according to a 2008 London survey. That amounts to 1460 untruths a year or more than four lies a day if you live to be 60-years-old.

The poll also suggests that, on average, women lie three times a day, in comparison to men who are guilty of telling five whoppers a day.

OK, so how many lies are you guilty of telling so far today?

# The Who, What, Where, When and Why of Lying

## Who We Lie TO:

- Family
- Friends
- Neighbors
- Co-workers
- Boss
- Strangers
- Ourselves
- Fellow church members
- God

## What We Lie ABOUT:

- Spouses
- Children
- Age
- Weight
- Jobs
- Body Image
- Our lives

## WHERE Do We Lie:

- Home
- Jobs
- Church reunions
- Family reunions
- Telephone office
- Doctor's office

## WHY Do We lie:

- Convenience
- To protect ourselves from hurt
- To protect the feelings of others
- To gain an advantage
- To get out of trouble or uncomfortable situation
- To deceive
- Habit

**When Do We Lie?**  
**WHENEVER NECESSARY!**

## **The History of Lying: Blame It on Our Parents**

Lying is one of those family traits passed down from generation to generation. Parents and other well-meaning adults have been regularly known to lie to their little ones for one reason or another. Of course we, as children, never wanted to believe our parents would ever fib to us but they did. It's called parenting by lying. You know how that works. They told us bad things would happen to us if we didn't eat all of our food or go to bed by a certain time.

They conned us into good behavior all year long by reminding us that Santa Claus wouldn't bring us any toys if we were bad. The trauma of losing your two front teeth was glossed over with a visit from the Tooth Fairy, who always left a nice, shiny quarter.

Once, my inquiring mind wanted to know how Santa was able to get into our home since we had no chimney. My mother told me he had a special key to unlock the door. And when I asked how the Tooth Fairy could get into my bedroom on the second floor while I was asleep, my mother calmly told me this mythical creature came in through the window because she had wings and could fly.

Isn't it ironic that our parents spent so much time preaching "honest is the best policy" while steadily lying to us about this or that? The other irony is the fact that sometimes their lies were intentional just to make us happy.

Case in point: when I was in kindergarten, I remember making an ash tray for my mom for Mother's Day. Going into the kiln it looked OK, but when it came out of the fiery furnace, it looked more like a foreign object.

Despite my embarrassment, disappointment and tears, I painted it red, wrapped it up and gave it to my mom.

When my mom opened her gift, you would've thought I had given her a piece of gold jewelry the way she reacted. She kept talking about how beautiful it was and placed it right on the coffee table in the living room for everyone to see.

To this day, she still has that little red ashtray—plus another ugly pink one I made in first grade.

What lies do you remember your parents telling you as a child?