

Anxiety Skills and Drills: Is it True?

Truths and Lies About Achievements

- I can play guitar.
- I can play piano.
- I've written three short stories.
- I used to do improv.
- I once wrote a play about hard-boiled eggs.
- I speak 23 languages.
- I speak three languages.
- I can ride a motorcycle.
- I took acting classes in college and have been in a commercial.
- I got a perfect score on the math portion of the SAT.
- I've completed a professional eating contest.
- I can breakdance.
- I can read and write Latin.
- I don't have my driver's license.
- I learned to read when I was four years old.
- I almost flunked out of college.
- I've been published in three magazines.

Truths and Lies About Sports

- I can't swim.
- I can hold my breath for two minutes.
- I've never been able to do a cartwheel.
- I rowed for my college team.
- I know how to juggle.
- I'm really into working out.
- I took ballet lessons last year to try to become more graceful.
- I can run a mile in under seven minutes.
- I've swum with sharks.
- I love hunting and once shot a 710-pound elk.
- I run every day (even when it's cold outside).
- I've climbed six mountains.
- I used to play goalie for my high school soccer team.



Truths and Lies About Your Childhood and Family

- I am a twin.
- I asked Conan O'Brien out to prom.
- When I was a kid, I wanted to be a hockey player.
- My dad builds sewage factories.
- I used to live in a theater.
- My sister is a vegetarian.
- I have a sister who is ten years younger than me.
- I was born in Denver, Colorado.
- I grew up on an island.
- I wore the same sweatshirt every day in middle school.
- I grew up on Long Island.
- I was voted most likely to succeed in high school.
- I graduated at the top of my class in college.
- I was the first person in my family to go to college.
- I grew up in an apple orchard.
- I went to grade school with the current senator.
- For my 16th birthday I asked for and received the hardcover versions of *The Lord of the Rings*.
- I used to have a huge crush on my 7th grade science teacher.
- I went to prom wearing an actual Cinderella dress.
- I'm Mexican.
- One of my cousins is a movie star.

Truths and Lies That Make You Sound Quirky

- I'm colorblind.
- I once stepped on a pear covered with bees and didn't have an allergic reaction.
- I own a puppet.
- I hate the color red.
- I have never lived in a house.
- I have visited 23 countries.
- I don't have a Netflix account.
- I hate dirty dishes in the sink.
- I own six robes.



- I love gambling.
- I have never won a contest of any kind.
- I usually don't go to sleep before 2 a.m.
- I was interviewed on the news once.
- I have an autograph from Taylor Swift.
- I've completed a professional eating contest.
- I have over 100 selfies on my phone that I've never posted on social media.
- I've never gotten a ticket of any kind.
- I have a cape and cane.
- I never answer calls from unknown callers.
- I hate Justin Bieber so much it hurts.
- I met all the members of The Eagles.
- I nap almost every day.
- I always use a fake name at restaurants.
- I've been to Disneyland five times and eaten at the restaurant inside the Pirates of the Caribbean ride every time.
- I've never died my hair.
- I've never seen *The Sound of Music*.
- I'm an absolute musical freak!
- I once ate an entire medium pizza by myself.
- I haven't lived in the same city for more than four years.
- I collect rubber duckies

<https://hobbylark.com/party-games/Two-Truths-and-a-Lie-Party-Games-for-Teens>

