

Two Truths and a Lie for Adult Groups

Two Truths and a Lie works best when players invent a harmless third statement, not when they are pushed to reveal private history. Use a category card, make three short statements, and let the group guess which one is made up.

Host guide / A4 / 3–10 adults / 10–25 minutes

Read the guide privately first if this activity has hidden answers. Print single-sided at Actual size / 100%. Cut only sheets marked CARDS. Keep answer keys with the host.

What you need

- One category card per turn
- Small slips of paper and pens, if players want to write
- A bowl or stack of cards is optional
- No phone, alcohol, or score sheet is required

How to run it

1. Agree on the pass rule: anyone may choose another card, use a hypothetical example clearly labeled as such, or sit out a turn.
2. The current player draws a category and prepares three short statements about that harmless topic: two true and one invented.
3. The player reads the three statements in any order. The group may ask one neutral clarification question, but not demand proof or private details.
4. Everyone guesses at once by pointing to one, two, or three. The player reveals which statement was invented and may add a brief explanation.
5. Rotate clockwise. Play one round each, or stop after a set time. Scoring is optional and should reward guesses, not disclosure.

The basic turn

A player uses the drawn category as a starting point, then makes three statements: two true and one invented. The statements should be similar in length and plausibility so the group is guessing from the wording rather than from a dramatic confession. The order can change each turn.

After the statements, allow a short pause for guesses. A player can invite one clarification question about the category, such as “Was that something you chose yourself?” Avoid questions that pressure someone to name a person, place, date, or private event.

- Keep each statement to one sentence.
- Do not require receipts, photos, or outside verification.
- The speaker controls how much context follows the reveal.

Use the category cards without oversharing

The cards are topic cues, not requests for secrets. A player can choose an everyday preference, a routine, a small skill, or an object they use. If the topic does not fit, draw again. A fictional statement is part of the game; serious claims about health, safety, money, or other people are not suitable game material.

The game does not need personal history to be entertaining. A player might offer three plausible statements about how they organize a bookshelf or choose a snack for a long drive. The group guesses, then the player reveals the invented one. The conversation can move on without a follow-up.

- Stay with harmless, self-selected topics.
- Do not use a card to test someone's memory or honesty.
- Let a player make the invented statement obviously playful if that feels safer.

Host the game fairly

Explain the rules before the first turn and model an example using a fictional character or a neutral object. This shows the difference between the two accurate statements and the invented one without asking anyone to disclose personal material. For a group larger than eight, play in two circles so every person gets a turn.

If keeping score, award one point for each correct guess and one point to the speaker for each person who guesses incorrectly. The speaker's points are only for game balance; do not announce them as a measure of who is the best storyteller. A no-score version is just as complete.

- Give each speaker roughly one minute to prepare.
- Ask guests to guess simultaneously to avoid copying the first answer.
- Stop the round when attention drops; there is no required number of turns.

Keep the reveal light

A wrong guess is not evidence that someone is deceptive, and a surprising true statement is not an invitation to investigate. After the reveal, the player can tell a short story, add one detail, or say "that is the whole story." This boundary keeps a familiar party game from becoming an interview.

When the room is mixed or people have just met, choose the lowest-stakes cards first. If a statement turns out to touch a sensitive subject, thank the speaker and move on rather than asking the group to weigh in. The host can retire any card that does not fit the group.

- No dares, drinking penalties, or pressure to explain.
- Do not use someone else's private story as a card.
- Invite a pass before the first turn, not only after discomfort appears.

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<p>NEW_TWO_TRUTHS-001 / Food and routines</p> <p>Make two true statements and one invented one about a snack you like to keep nearby.</p>	<p>NEW_TWO_TRUTHS-002 / Useful objects</p> <p>Choose an everyday object you use often; create two true details and one made-up detail about how you use it.</p>
<p>NEW_TWO_TRUTHS-003 / Daily habits</p> <p>Use a harmless household shortcut as your topic, then mix two real details with one invented one.</p>	<p>NEW_TWO_TRUTHS-004 / Preferences</p> <p>Pick a type of weather you enjoy; give three short statements about how it changes your plans.</p>
<p>NEW_TWO_TRUTHS-005 / Food and routines</p> <p>Choose a simple meal you can make; make one of your three statements playful but plausible.</p>	<p>NEW_TWO_TRUTHS-006 / Small skills</p> <p>Use a small skill you have practiced; describe two real parts and one fictional part.</p>

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<p>NEW_TWO_TRUTHS-007 / Leisure</p> <p>Choose a book, article, or podcast topic you enjoy; keep the statements about your own choices.</p>	<p>NEW_TWO_TRUTHS-008 / Home details</p> <p>Pick a familiar room in your home; make the statements about ordinary objects, not private details.</p>
<p>NEW_TWO_TRUTHS-009 / Daily rhythms</p> <p>Use a routine you do on a typical weekday; invent one small step among two true ones.</p>	<p>NEW_TWO_TRUTHS-010 / Objects</p> <p>Choose a harmless collection or set of items; mix true and invented details about it.</p>
<p>NEW_TWO_TRUTHS-011 / Small skills</p> <p>Pick a small task you learned to do more easily; prepare three statements about the learning process.</p>	<p>NEW_TWO_TRUTHS-012 / Everyday places</p> <p>Choose a local errand you do from time to time; keep every statement general and low-stakes.</p>

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<p>NEW_TWO_TRUTHS-013 / Everyday systems</p> <p>Use a favorite way to organize notes or reminders; create two accurate details and one false clue.</p>	<p>NEW_TWO_TRUTHS-014 / Sensory details</p> <p>Choose a sound or smell you recognize; make the statements about preferences, not private memories.</p>
<p>NEW_TWO_TRUTHS-015 / Leisure</p> <p>Pick a simple game or puzzle you enjoy; include one made-up detail about how you approach it.</p>	<p>NEW_TWO_TRUTHS-016 / Useful objects</p> <p>Use a weather-appropriate item you often carry; mix two true uses with one invented use.</p>
<p>NEW_TWO_TRUTHS-017 / Practical skills</p> <p>Choose a harmless thing you have repaired or adjusted; keep the story brief and optional.</p>	<p>NEW_TWO_TRUTHS-018 / Celebrations</p> <p>Pick a small celebration habit; create three plausible statements without naming other people.</p>

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<p>NEW_TWO_TRUTHS-019 / Food</p> <p>Use a category of food you enjoy; describe two true preferences and one invented preference.</p>	<p>NEW_TWO_TRUTHS-020 / Daily rhythms</p> <p>Choose a task you like to complete before relaxing; mix the order of true and invented details.</p>
<p>NEW_TWO_TRUTHS-021 / Design details</p> <p>Pick a design feature you appreciate in everyday products; make one statement the decoy.</p>	<p>NEW_TWO_TRUTHS-022 / Planning</p> <p>Use a harmless way you prepare for a day out; keep the statements about objects or routines.</p>
<p>NEW_TWO_TRUTHS-023 / Preferences</p> <p>Choose a low-stakes preference that could change over time; tell the group which statement was invented.</p>	<p>NEW_TWO_TRUTHS-024 / Learning</p> <p>Make the category “a small thing I learned recently” and keep the example easy to share.</p>

Hosting questions

How many people work best?

Three to ten is a comfortable range for this version. For a larger gathering, split into circles so each player gets a turn.

Can the invented statement be silly?

Yes. It can be believable or deliberately playful. The speaker should make clear that the third statement is invented after the guesses.

Does a player have to explain a true statement?

No. A short reveal is enough. The game should not require proof, a story, or a private detail.

Can people skip a card?

Yes. A player can draw another card, sit out, or use a clearly labeled hypothetical example.

References

Reviewed the public three-statement guessing structure only. Card prompts, adult boundaries, and the printable turn instructions here are original.

<https://icebreakerideas.com/two-truths-and-a-lie/>

Reviewed a public adult-group game format reference; no example prompts were copied.

<https://teambuilding.com/blog/get-to-know-you-games>

Original AI-assisted resource with AI editorial review. Independent human playtesting and physical printing have not been completed. Answer, listen, or pass.