

The exact term depends on whether the person intends to deceive or if they genuinely believe the made-up details. The most common specific terms include:

- **Confabulation:** Fabricating imaginary stories, but without the intent to deceive. People do this subconsciously to fill memory gaps caused by brain injury, dementia, or memory loss, often referred to as "honest lying".
- **Pseudologia fantastica:** Also known as mythomania or pathological lying. This is compulsive, frequent fabrication of elaborate, exaggerated stories—often to make the person look better or draw attention—even when there is no obvious benefit.
- **Perjury:** Fabricating a story specifically while under oath in a court of law.