

How to detect lies?

lie. lies. lying

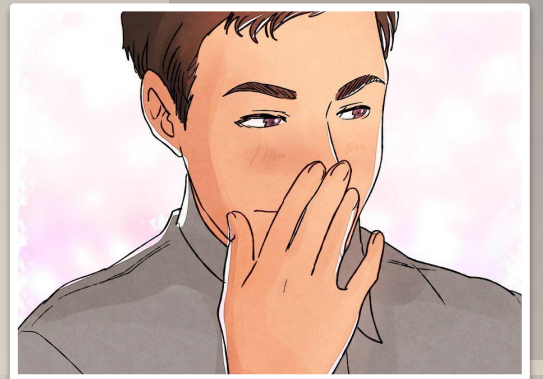
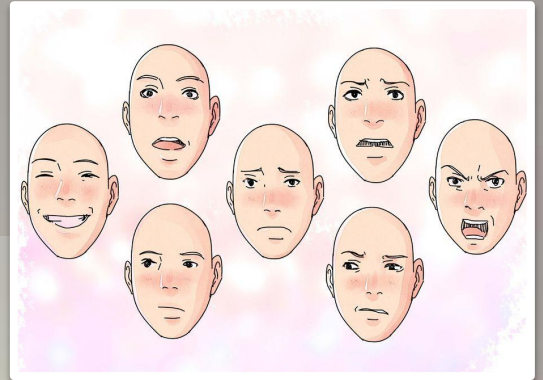
Made by Istomina Arina
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Warning:

sometimes ignorance is bliss. After gaining this knowledge, you may be hurt when it is obvious that someone is lying to you.

Method I

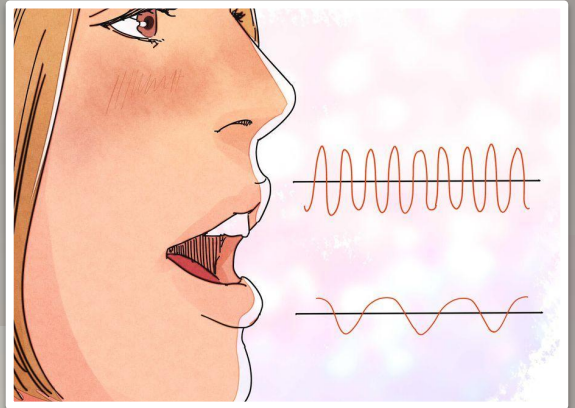
- **Look for micro-expressions.**
They flash on a person's face for a fraction of a second and reveal the person's true emotion, underneath the lie.
- **Look for nose touching and mouth covering.**
Due to a rush of adrenaline to the capillaries people tend to touch the nose more when lying and a great deal less when telling the truth.
- **Notice the person's eye movements.**
For example blinking.



Method II

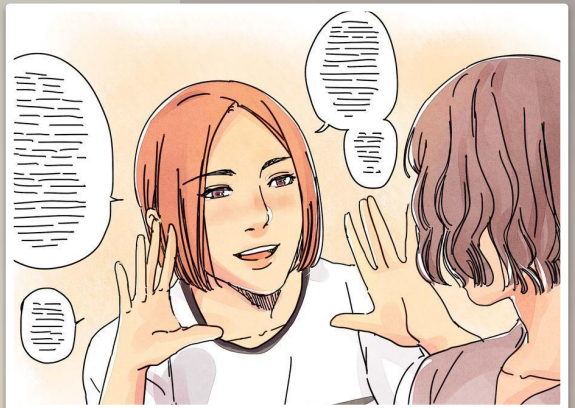
- **Pay attention to the person's voice.**

A person may suddenly start talking faster or slower than normal.



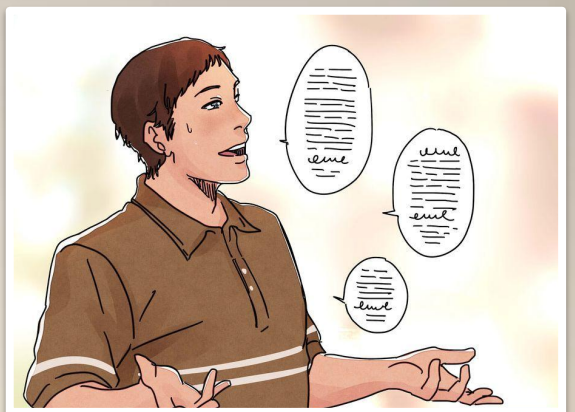
- **Pay attention to exaggerated details.**

See if the person appears to be telling you too much. An example might be: "My mom is living in France, isn't it nice there? Don't you like the Eiffel tower? It's so clean there."



- **Notice when the person repeats sentences.**

If the suspect uses almost the exact same words over and over, then it's probably a lie.



Method III

- **Check for sweating.**

People tend to sweat more when they lie, but it is not always a reliable indicator of lying. Some people may sweat a lot more just because of nervousness.



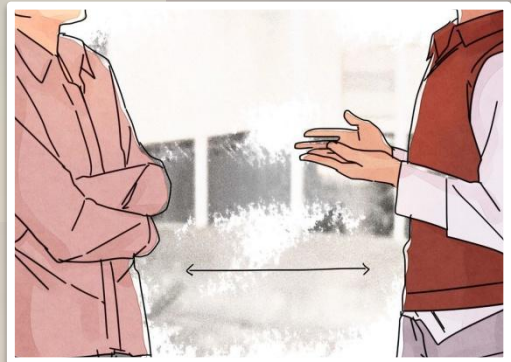
- **Watch out for fidgeting.**

A sign that someone is lying is that they fidget, either with their own body or with random things around them. Fidgeting results from nervous energy produced by a fear of being found out.



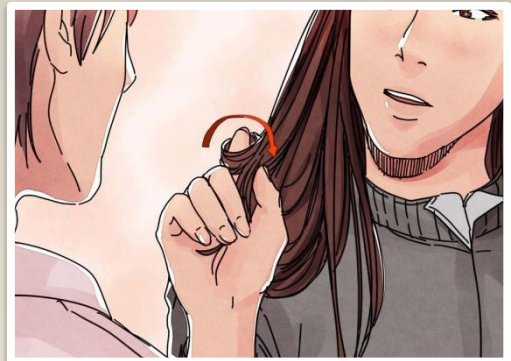
- **Observe the level of mirroring.**

People naturally mirror the behavior of others with whom they're interacting.



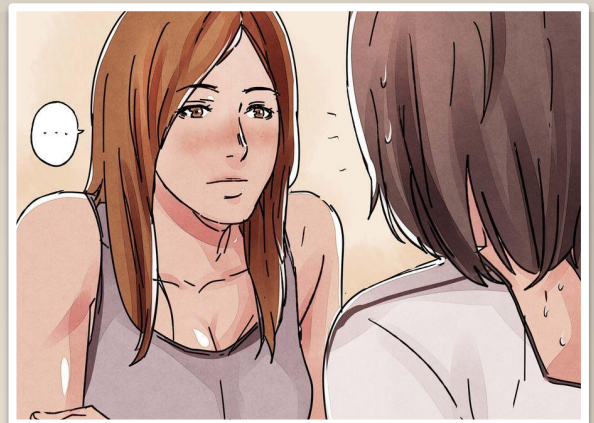
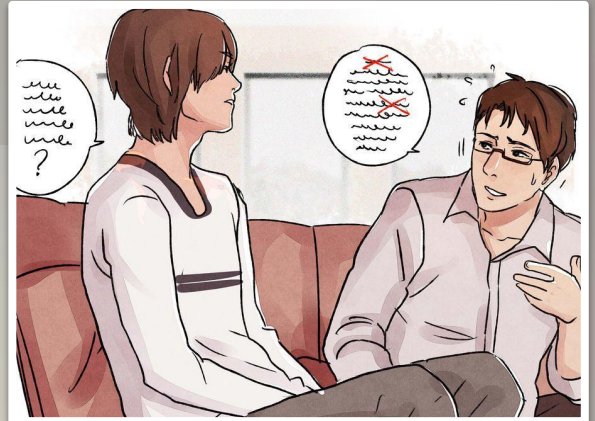
- **Notice the behavior of other body parts.**

Watch the person's hands, arms and legs. In a non-stressful situation, people tend to be comfortable and take up space by being expansive in hand and arm movements, perhaps sprawling their legs comfortably. In a lying person, these parts of the body will tend to be limited, stiff, and self-directed. The person's hands may touch his or her face, ear, or the back of the neck. Folded arms, interlocked legs and lack of hand movements can be a sign of not wanting to give away information.



Method IV

- **Establish a baseline.**
A baseline is how someone behaves when he or she is not lying. Begin by asking basic questions about themselves truthfully. For someone you already know, checking for a baseline might include asking the person about something the answer of which you already know.
- **Use silence.**
It is very hard for a liar to avoid filling silence created by you. He or she wants you to believe the lies being woven; silence gives no feedback on whether or not you have bought the story.



This is just a basic run down of physical (body language) gestures and verbal cues that may indicate someone is being untruthful.

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