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How to Detect Lies

Become a Lie Detector

Introduction to Detecting Lies:

The following techniques to telling if someone is lying are often used by [police](#), and security experts. This knowledge is also useful for managers, [employers](#), and for anyone to use in everyday situations where telling the truth from a lie can help prevent you from being a victim of fraud/scams and other deceptions.

Warning: Sometimes Ignorance is bliss; after gaining this knowledge, you may be hurt when it is obvious that someone is lying to you.

Signs of Deception:

Body Language of Lies:

- Physical expression will be limited and stiff, with few arm and hand movements. Hand, arm and [leg](#) movement are toward their own body the liar takes up less space.
- A person who is lying to you will avoid making eye contact.
- Hands touching their face, throat & [mouth](#). Touching or scratching the nose or behind their ear. **Not likely** to touch his chest/heart with an open hand.



Forced or "polite" smile. Only muscles directly around the mouth are involved.



Natural Smile. Many facial muscle groups move involuntarily. The forehead muscles will "push down", cheeks and jaw move, and the nose may wrinkle. The easiest way to spot a real smile is to look at the eyes. In natural smile the eyes become "squished" and may cause "crows feet". Only a small % of people can voluntarily move these eye muscles to "fake" a "real" smile :)

Emotional Gestures & Contradiction

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- Timing and duration of emotional gestures and emotions are off a normal pace. The display of emotion is delayed, stays longer it would naturally, then stops suddenly.
- Timing is off between emotions gestures/expressions and words. Example: Someone says "I love it!" when receiving a gift, and then smile after making that statement, rather than at the same time the statement is made.
- Gestures/expressions don't match the verbal statement, such as frowning when saying "I love you."
- Expressions are limited to mouth movements when someone is faking emotions (like happy, surprised, sad, awe,) instead of the whole face. For example; when someone smiles naturally their whole face is involved: jaw/cheek movement, eyes and forehead push down, etc.

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Interactions and Reactions

- A guilty person gets defensive. An innocent person will often go on the offensive.
- A liar is uncomfortable facing his questioner/accuser and may turn his head or body away.
- A liar might unconsciously place objects (book, [coffee cup](#), etc.) between themselves and you.

Verbal Context and Content

- A liar will use your words to make answer a question. When asked, "Did

you eat the last cookie?" The liar answers, "No, I did not eat the last cookie."

•A statement with a contraction is **more likely to be truthful**: " I didn't do it" instead of "I did not do it"



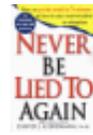
- Liars sometimes avoid "lying" by not making direct statements. They imply answers instead of denying something directly.
- The guilty person may speak more than natural, adding unnecessary details to convince you... they are not comfortable with [silence](#) or pauses in the conversation.
- A liar may leave out pronouns and speak in a monotonous tone. When a truthful statement is made the pronoun is emphasized as much or more than the rest of the words in a statement.

- Words may be garbled and spoken softly, and syntax and grammar may be off. In other words, his sentences will likely be muddled rather than emphasized.

Other signs of a lie:

- If you believe someone is lying, then change subject of a conversation quickly, a liar follows along willingly and becomes more relaxed. The guilty wants the subject changed; an innocent person may be confused by the sudden change in topics and will want to back to the previous subject.
- Using humor or sarcasm to avoid a subject.

Related Books:



[Never be Lied to Again](#)



[Body Language](#)

Final Notes:

Obviously, just because someone exhibits one or more of these signs does not make them a liar. The above behaviors should be compared to a persons base (normal) behavior whenever possible.

Further Reading:



[Eye Movement and Lying](#)

How to tell if someone is lying based on the movements of their eyes.

[Is He Lying To You?](#)

Learn "Secret Reason" Why You're Attracted To Jerks & Players

[Lie Detector Test?](#)

Don't even think about taking it until you are properly prepared.



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Eye Direction and Lying

Eye Movement and Direction and How it Can Reveal the Truth or a Lie

"How I Got Rid Of My Wrinkles"



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This is a continuation of our previous article "[Detecting Lies](#)". Many comments by our visitors have asked about how eye direction can indicate the presence of a lie.

So can the direction a person's eyes reveal whether or not they are making a truthful statement? Short answer: *sort of*. But, it isn't as simple as some recent [television shows](#) or movies make it seem. In these shows a detective will deduce a person is being untruthful simply because they looked to the left or right while making a statement.

In reality, it would be foolish to make such a snap judgment without further investigation... but the technique does have some merit. So, here it is... read, ponder and test it on [your friends](#) and family to see how reliable it is for yourself.

Visual Accessing Cues

My Puffy Eyes Secret 2008

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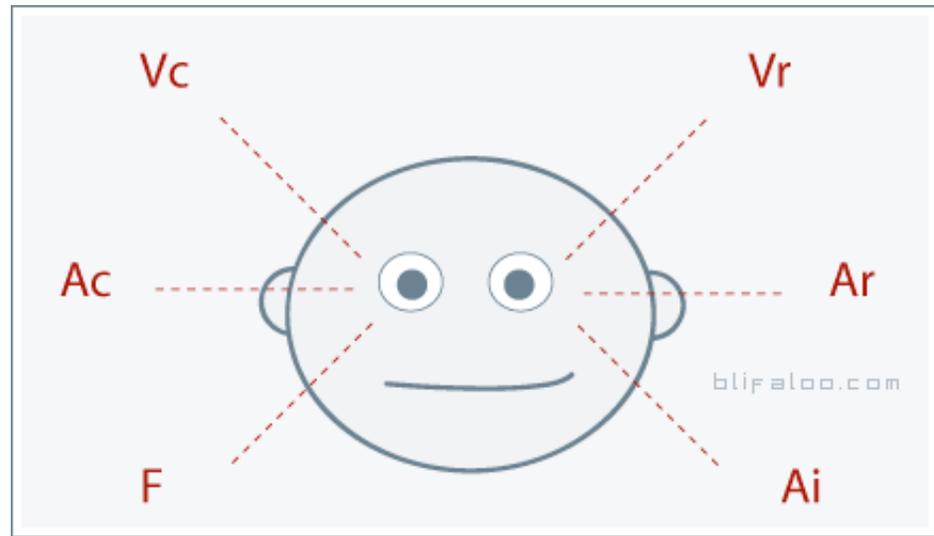
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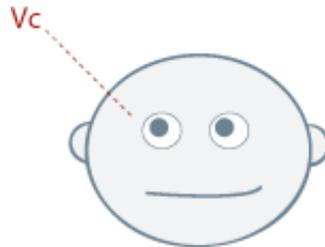
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The first time "Visual Accessing Cues" were discussed (at least to my knowledge), was by Richard Bandler and John Grinder in their book "Frogs into Princes: Neuro Linguistic Programming (NLP) " From their experiments this is what they found:

When asked a question a "normally organized" right-handed person looks (from your viewpoint, looking at them):



Up and to the Left

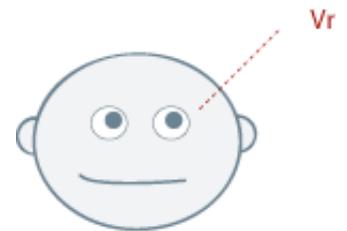
Indicates: **Visually Constructed Images (Vc)**

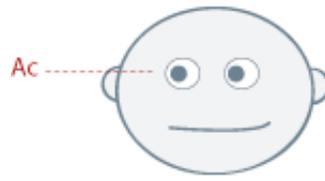
If you asked someone to "Imagine a purple buffalo", this would be the direction their eyes moved in while thinking about the question as they "Visually Constructed" a purple buffalo in their mind.

Up and to the Right

Indicates: **Visually Remembered Images (Vr)**

If you asked someone to "What color was the first house you lived in?", this would be the direction their eyes moved in while thinking about the question as they "Visually Remembered" the color of their childhood home.





To the Left

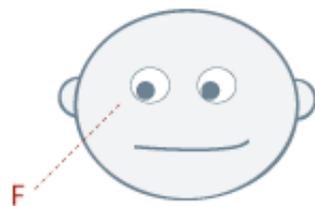
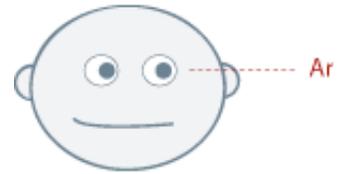
Indicates: **Auditory Constructed (Ac)**

If you asked someone to "Try and create the highest the sound of the pitch possible in your head", this would be the direction their eyes moved in while thinking about the question as they "Auditorily Constructed" this this sound that they have never heard of.

To the Right

Indicates: **Auditory Remembered (Ar)**

If you asked someone to "Remember what their mother's voice sounds like ", this would be the direction their eyes moved in while thinking about the question as they "Auditorily Remembered " this sound.



Down and to the Left

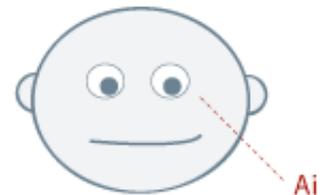
Indicates: **Feeling / Kinesthetic (F)**

If you asked someone to "Can you remember the smell of a campfire? ", this would be the direction their eyes moved in while thinking about the question as they used recalled a smell, feeling, or taste.

Down and To the Right

Indicates: **Internal Dialog (Ai)**

This is the direction of someone eyes as they "talk to themselves".



The Gist of it...

How this information is used to detect lies:

Example: Let's say your child ask's you for a cookie, and you ask them "well, what did your mother say?" As they reply "Mom said... yes." they look to the left. This would indicate a made up answer as their eyes are showing a "constructed image or sound. Looking to the right would indicated a "remembered" voice or image, and thus would be telling the truth.

Final Notes:

*** Looking straight ahead or with eyes that are defocused/unmoving is also considered a sign of visual accessing.

*** A typical left-handed person would have the opposite meanings for their eye-directions.

*** As with other signs of lying, you should first establish and understand a persons base-behavior before concluding they are lying by the direction of their eyes.

*** Many critics believe the above is a bunch of bull***t. In my own experiments I have found these techniques to be more true than not. But, why not find out for yourself? Make up a list of questions that like the sample ones, and give them to your friends/family anyone who would be your guinea pig, observe their eye movements and record the results.

*** This guide is hardly in-depth, I recommend getting the book "[Frogs into Princes: Neuro Linguistic Programming](#)" by Richard Bandler and John Grinder for a more thorough explanation if the subject interests you.

Further Reading:



[Body Language and Flirting](#)

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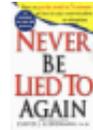
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LIARS ARE NORMALLY UNDER STRESS.

The first thing to make clear is that body language and facial expressions are good indicators of when a person is lying but the indicators are not foolproof. These indicators only give you a 'heads up' that something is not quite right about what the person is saying.

To detect lying, watch for signs of stress in body language and facial expressions. When most normal people (not psychotic) are lying they show signs of stress in their posture, movements and facial expressions. However, their stress may not show up if the person really wishes the facts were as described or they can rationalize that their story really should be as described. But generally, lying people will act and move in slightly different stressful ways from when they are telling the truth. They also delay a few seconds longer when answering a question with an answer that is not truthful. Truthful answers come sooner than untrue answers.

Here is what to watch for when a person is lying to you when face-to-face: (Also make sure you don't do these things!)

- Voice is higher pitched.

Liars.
ShrinkinaBox.com/difficult-people/

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BODY LANGUAGE TUTORIALS FOR FLIRTING, DATING AND MATING.

[Male and female body language secrets.](#)

- Untrue answers to questions are slightly delayed.
- Body and face become stiffer.
- Hand-to-face touching increased, especially nose rubbing and mouth covering.
- Face and hands becomes a bit paler as blood is withheld from extremities. (A sign of high stress.)
- Nostrils may open wider ('flare').
- Breathing deeper and maybe audible.
- Lips become thinner and tighter.
- Shoulders pulled up and elbows pulled in to sides more. Body takes up less space.
- Forehead tightens up a little in area between eye brows.
- Eye contact breaks away from you and eyes may squint or close.
- Heart rate increases.
- Hand palms turned down or closed, and not revealed to you.

Everyone lies when it serves a need

Keep in mind that periodically everyone tells 'little fibs'. That is what we call lying when it serves us. In many cases we lie to protect a person's feelings, such as: "You look so much thinner since you cut down to only 5 hamburgers a week." We also lie periodically to avoid doing something we don't want to do, such as: "I can't go shopping with you because I have to wait for a phone call." We also lie to increase our importance, such as: "I could have won the award but I didn't try so the little girl could win." **Women often lie to make others feel good. Men often lie to make themselves look good.**

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[The 5 ways females flirt.](#)

[The 5 ways males flirt.](#)

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One researcher, Joseph Tecce at Boston College, has identified six types of lies:

- Protective lie which shields liar from danger.
- Heroic lie that protects someone else from danger.
- Playful lie that enhances the story.
- Ego lie that prevents embarrassment.
- Gainful lie that enriches the liar.
- Malicious lie that hurts someone.

Lying helps when flirting

Lying occurs frequently in the flirting and dating game. It happens often because telling the truth may block the liar from getting what he or she wants. Also lies are used to elevate the liar's status, or so it is hoped, such as: "My company has increased profits 500% since I took over as CEO." Lying may also be used to discourage competition, such as when a woman says to a female friend who shows interest in her boyfriend. "My boyfriend is impotent, snores and really is a slob, so I just go with him to help him."

Lying is not easy

Another thing to watch for to detect lying is a sudden change in movements. The liar tends to shut down and tries to maintain control of the situation and in so doing becomes quieter and stops normal body movements until you have accepted the lie. A liar may leave out pronouns and speak in a monotonous tone. This heighten tension may cause the eyes to increase blink rate also. Any spoken words during and immediately after the lie will come harder and there may be more than normal mispronunciations and stutters. The liar is more defensive than usual and also may place objects (cups, keys, pencils, chairs etc.)

between self and others.

Since tension is high in liars, they need some self-comforting. They stroke their hair and touch their face more frequently and harder than usual. Scratching and rubbing their nose is common in liars but don't accuse all nose-rubbers of being liars! **The best overall liar detection clue is a sudden change in posture and movements from the normal patterns for a short time until you have accepted what is said.** If you believe someone is lying, change the subject quickly and watch their reactions. A liar will follow along willingly and become more relaxed. The guilty wants the subject changed but an innocent person may be confused by the sudden change and will want to go back to the previous subject.

Why we lie

"Why We Lie: The Evolutionary Roots of Deception and the Unconscious Mind" is a fascinating book about this subject of lying. The author, David Livingstone Smith, believes that lying (and other deceptive traits as well) is deeply embedded in our subconscious as a result of evolution. This means simply that our many ancestors who survived by lying (and doing deceptive things) passed on stronger and stronger genes in each generation for this talent. The living things that did not have the knack to lie and deceive died off. Thus, evolution produced the best liars and deceivers. Interesting thought.

[Pictures of actress lying.](#)

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- **Love Signals:** A Practical Field Guide to the Body Language of Courtship.
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- **Flirting With Danger:** Young Women's Reflections on Sexuality and Domination.
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