

# 21 Tips To Spot A Liar!



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“I’m going out with Sam, “ your spouse insists.

“I just wanna take the car to the library, “ your son or daughter tells you.

“No, I didn’t leave the coffee pot on,“ your co-worker insists.

How do you know when someone is lying to you? No one will ever be able to lie to you again after reading this powerful little report. It can also tell you when someone you are gambling with, is bluffing!

There are two ways to see through the poker face.

Facial expressions that are triggered during an emotion are usually involuntary, and the words are not. The words can lie. Body language can lie. And people haven't had much practice in controlling facial expressions.

### **#1 - THE EYES CANNOT LIE!**

The eyes will momentarily go out of focus when lying. The pupils will dilate (become larger). The pupils are the dark center of the iris. If someone says they are angry and looks neutral, or says they are happy, but looks neutral, trust the face.

Also consider the situation. If someone says they are not surprised, but looks surprised, believe the face.

**Often the least reliable information we receive comes from the mouth, while what is reliable comes from responses we cannot control.**

People control their facial expressions for various reasons; because it is learned from society, job requirements (actors, attorneys, politicians, sales people), and the need of the moment.

How do people deceive with their expressions? They add a further expression, like a comment on the expressions just given. If you show fear when the dentist steps up to you, you may add disgust to your expression.

A person may adjust the intensity of the expression to show more or less than they actually feel.

Perhaps they will show an expression when they have none, or show nothing when they are feeling an emotion. Or they may cover the real

emotion with another.

Most of the time you can tell when someone is lying to you, because facial expressions are a result of our society's rules. Most people are not very good at covering their emotions.

You may not want to let on that you know someone is lying to you. How many times have you asked, "How are you today?" And you really didn't want to know. You just smile, because that's the thing to do.

Watch for what people do in the lower part of their face, particularly the lips and the lines around the nose and lower cheek. There is evidence that when a person controls what is shown on the face, more effort is given to what occurs in and around the mouth and upper lip area, then the area of the eye/lids, or brows/forehead.

This may be because of the role the mouth plays in talking. If you are afraid, you can tone this down by stopping the involvement of the eyelids or brows/forehead. It is more likely you will try to eliminate fear in your mouth area.

Be aware of the timing of the facial expression. How long does it take for the expression to appear, stay, then disappear? Also check for weaknesses and deception in speech, body language, and voice.

Most people hoping to lie pay more attention to what they say, than what they are doing with their face and bodies.

### **Here are the principle signs:**

- 2 - Bites lower lip (nervous, when lying)
- 3 - Plays with own hair or earrings (ex; interviews)
- 4 - Rigid or controlled face trying hard not to give anything away
- 5 - Self-consciously cover mouth before answering questions
- 6 - Makes vague, sweeping statements
- 7 - Voice pitch goes higher, the voice is more negative, less fluid
- 8 - Gestures increase (ex; touches face, plays with glasses)

- 9 - Blink rate increases (sign of nervousness)
- 10 - Avoids eye contact or looks at you sideways (out of corner of the eye)
- 11 - Looks away (nervously) before responding
- 12 - Smiles, but leans face away from you. Children give away even more signals:
- 13 - Avoids looking at adult or questioner
- 14 - Covering mouth while speaking
- 15 - Looking down
- 16 - Face twitches
- 17 - Wetting their lips
- 18 - A lot of throat clearing
- 19 - Rubbing nose
- 20 - Scratching the head or face while talking

Some of us never grow up, retaining childlike qualities for life. It's possible as adults, we produce some of the giveaways of the children's list. American psychologists find that children have the hardest time lying to parents, but are very successful at lying to grandparents.

Are you a gambler in games of chance? This can be invaluable information. There are two ways to penetrate the poker face mask. Look closely at your adversary's forehead, and pupils of the eyes. When your opponent sees a good card or a winning move, their pulse points change color.

The pulse points will turn red or darken. These are temples of the forehead. Touch this area lightly, you should feel a light pulse. If you see the pulse points jump or throb, the person may be on a winning streak.

**BEWARE!** Remember this applies to you as well.

Where are your expressions placed in relationship to the words? Are the expressions appropriate with the words and body language?

Always consider the situation.

### **DECEPTION TRICK:**

Tell your subject to pick a number between one and ten, and to write it down quickly. Don't give them much time. They may think of more than one number before making their finally choice, and you may get more than one pupillary response.

After they have written it down, tell them that to read their mind, you must get close enough to be within their auric field (or some other excuse). This allows you to put your face close enough to see their pupils, and it keeps them from shifting their gaze. Then explain that you will ask them numbers, and each time you ask a number you want them to tell you, "No, that's not my number.'

Nine times they will be telling you the truth, one time they will be lying. That time, you should be able to notice a slight pupil dilation. You may need to ask the number again to check your perception.

The pupils will respond to what they are thinking and not necessarily to what you are saying! If you go through the numbers too fast, they may anticipate you will ask their number next.

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