

4 important factors to pay attention to detect lies

In order to be able to detect dishonest statements, you need to have a sense of the overall lie detection process. Invite you to read 4 important factors to pay attention to discover the lie!

1. 10 reasons why sometimes people often lie
2. 20 invaluable things to be successful without you even thinking about
3. 10 reasons to make you uncomfortable in the eyes of others

Human interest in the **detection of lies** is demonstrated through popular TV shows and movies such as *Lie To Me* or *The Negotiator*, where small expressions and eye movements are made at a slow speed, making it easier for viewers to see them.

Meanwhile, the easier it is to spend as much time and energy on detecting lies as possible to better read the other person who has been proven right. You can also apply some quick and easy techniques to detect lies.



In order to be able to detect dishonest statements, you need to have a sense of the overall lie detection process. In addition, there are major aspects that you need to pay attention to such as body language, emotional cues, and behaviors that show feelings of error or discomfort, language choices and physiological symptoms. Invite you to read **4 important factors to pay attention to discover the lie!**

You should watch this video first for a brief idea:

Body language



When paying close attention to body language for the purpose of learning how to detect a lie, start comparing someone's nonverbal communication by **determining the basis of honesty** . A simple way to do that is to say something you know is real and then remember how the object will react when giving the answer.

For example, if you know that person traveling in Hawaii, say: ' *Last month you just traveled in Hawaii for a week. Like it!* ' . Then say something you know is wrong: ' *And you have a sea trip there too. What a great experience!* ' .

Observe how they show disagreement without words and then body language when they correct you. Now you must have in the beginning two images when they answered " *yes* " and " *no* ", these things will give you a chance to judge the following things. In the future, when asking " *yes* " or " *no* " you will see the same physiological responses as the base you built earlier. If not, there must be dishonesty.

Here are some human physiological manifestations when lying:

1. Limited and rigid hand movements;
2. Minimize interaction through eyes;
3. Touching my face many times;
4. Body language does not match the words.

Emotional signals



The way people express emotions can also show whether they are being honest or not, just by paying **attention to unusual emotional expressions** will help you learn how to detect lies.

1. Observe delayed emotions;
2. Pay attention to emotions that take longer than usual;
3. Emotional expression is limited on a face area, not the entire face.

Choose words



The choice of language also reveals whether the person is lying or not. When a person is lying, they need to keep themselves away from dishonest words due to disagreement perceived by the deception. To do this, they change the way they show lies to themselves, and this expression will cause countless influences on their language.

If you care specifically, you may find that even using pronouns can reveal whether we are telling the truth or lying. According to Dr. **James W. Pennebaker** of the University of Texas at Austin, pronouns like " I " and "

my " express the ownership of the sentence. Since then, when a person lied they would use these pronouns less because they are showing signs of language away from the lie.

1. The person who is lying will give little direct speech;
2. **Often repeat the correct words you just said ;**
3. There are unnecessary details added to the lie;
4. Sayings with negative words like " *will not* " or " *did not* " will be less authentic than affirmative words;
5. People who are lying will add words like " *reality* ", " *honestly say* " or " *frankly say* " ;
6. **The sudden change of topic is also a sign of dishonesty .**

Physiological symptoms



Much of what is listed above is a lie detector way under the control of a liar's consciousness. However, **there are things out of human consciousness that are difficult to control or hide** , for example:

1. **Sweating** can be a sign of lying;
2. Lies increase the excretion of adrenaline in the body. This causes fluctuations in the secretion of saliva, which causes the person to swallow more and must clear his throat due to dry throat;
3. **The heart often beats faster, so it will breathe faster ;**
4. Reducing blinking is also a sign of a lie.

Although lying is common, it doesn't happen naturally. In fact, most people want to tell the truth even if they need to lie. **To lie, the brain must go into cognitive overload to provide enough information to make a lie.** The mind and body are connected in many ways so they are absolutely right when the brain is more aware of the body, the more symptoms it reveals.

The only way to become good at finding lies is to look at the big picture (*all of the above*) and apply it to the person you are observing. **Make sure you pay attention to cultural norms and personal characteristics by establishing a relationship with that individual** . Keep your mind relaxed and relaxed when you want to be a master in lie detection.

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Having fun!

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