

# People know how to lie since they were 2 and the truth is unexpected

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April 1, April Fool's Day every year, we are allowed to lie, make fun jokes with friends or relatives. This is the only day that lies are accepted.

But in real life, lies happen quite often and it's easy for people to lie. Certainly, in the life of every human being lies at least once in his life. So why do we lie and what are its manifestations?



## People know how to lie since they were 2

According to experts, lying is a natural state of human beings, even when we started talking about when we were 2 years old. Maybe for the first time lying, we will find it extremely uncomfortable, embarrassing but gradually the next time not. As the age increases, the ability to lie is higher.

A study of 650 children aged 2 to 3 years old. You will be asked to sit still and not look at a toy. Up to 80% of the violations glanced at the toy but some of them did not admit it when asked. This proves that people know how to lie when they are 2 years old.



## Why do we lie?

### For self-interest

People lie the most in case it is beneficial to everyone because they think this is acceptable and not harm anyone.

People lie less in situations that benefit themselves but harm others. Lying only increases when that affects their personal interests.

### Because of habit

Lies can be the result of adaptation because the embarrassment and discomfort of the first lie will gradually disappear during subsequent lies. The level and frequency of lies will increase gradually.

### For fear

There are many reasons people must lie, one of them is fear. Fear of the truth will affect us badly, fear of being judged by others, afraid of misunderstanding, fear of trouble or hurting others . all of us have a motivation to lie.

In life, sometimes lying is not always bad, there are "goodwill" lies to avoid hurting others. Although these lies won't hurt anyone, we don't overdo it. If you are not careful you will "adapt" and form a habit of lying in any situation and this is not good at all.

1. 10 reasons why sometimes people often lie
2. April Fools - Interesting origins and meanings you should know

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