

Science reveals 5 simple ways of detecting lies

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1. 10 reasons why sometimes people often lie
2. People know how to lie since they were 2 and the truth is unexpected

5. Liars often talk around and avoid mentioning themselves



When lying, people often avoid talking about themselves and tend to speak or write about others. Those are people who are not in the conversation because the liar considers this a safe distance between themselves and lies.

4. Negative attitude in words



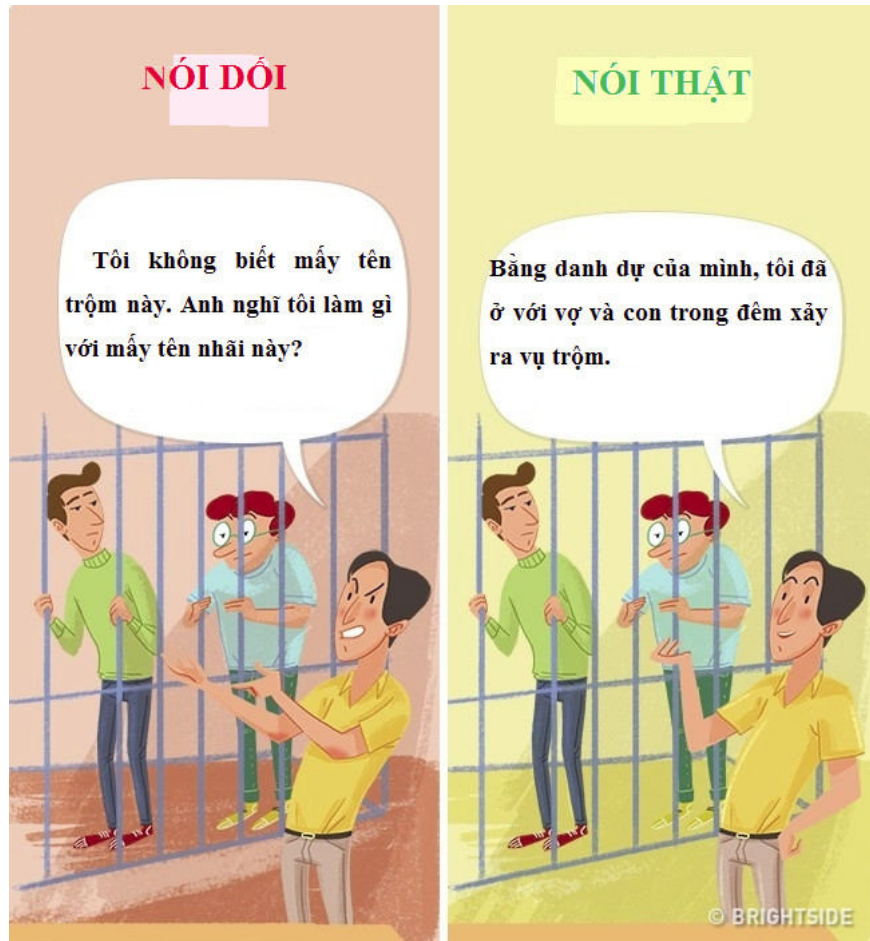
When lying, people will feel guilty about their behavior so their attitude in speech is often negative.

3. Explain as simple as possible



According to research by scientists, when lying to the brain will not be able to think of a complicated lie so liars tend to explain everything in simple terms.

2. Use confusing words and complex and embarrassing structures



Although using a simple explanation, people who lie often use long and complex jigsaw structures, adding excessive words with seemingly reliable details to help them exaggerate words. lie.

1. The liar's pupil widens larger than usual



If the liar is too "lofty" to make you unable to notice any of the above, there is still a final method to know if you are being deceived. That is to look directly into the opponent's eyes.

According to the study, when they lie, they are often worried, leading to a faster heart rate and an enlarged pupils than normal.

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