

# How to determine the lie and the liar

Nobody likes to be fooled. Unfortunately, most people can't determine when someone is deceiving them and when not to. Generally, they fall into the trap, and the truth is revealed only after undesirable consequences. If you determine that the person is cheating, those consequences can be avoided. And you know how to spot lies? If not, I will tell you some tips on how to spot a liar and to identify the lies in his words.

Lies as a matter of fact and truth, is an unacceptable attribute of our life. In people in my life at least once, but is able to lie. In some cases this is considered normal. However, if a lie is repeated many times and brings some inconvenience to other people, then this thing must be fought. By the way, to determine the lie of another person can be, if you show him some observant and listen carefully.

## **First of all, you need to pay attention to non-verbal signals.**

Pay attention to gestures and other [pay for paper writing](#) bodily manifestations of the lies that man, who is suspected in the wrong. Typically, the gestures of such people buying and several captured, and the hand movements usually is not directed towards the interlocutor and to myself.

The liar keeps his feet under the chair. A lie is stressful and for some can be difficult. The behavior of the liar unconsciously shows us that something is not as it should be. If the person with whom you're talking, sitting, hiding her feet under the chair, it is a sign that he speaks the truth.

If your companion suddenly put his hand in his pocket, it might indicate that he is lying. When a man shows his hands, it demonstrates his confidence and openness. So when during a conversation someone is hiding his hand in his pocket, it means that he's tense, i.e., something is wrong. Also, the liar can hide hands behind back or hold something, like a phone.

Liar shrugs. Carefully follow the movements of the person you are talking to. If he shrugs, he is with you not honest. In addition, this signal is a subconscious avoidance of guilt.

Liar rubs his forefinger the upper lip or directly under his nose. Be careful if your partner immediately after said something, puts a hand to her face, covers her mouth or touches his nose. This is a sign that he doesn't believe the words that just flew out of his mouth.

Furthermore, liars often stretch your fingers to the face, throat or scratching his head or ear and never bring the arm to the chest or heart.

But most importantly, a liar never looks people in the eye to his companion and always looks away.

## **Verbal signals**

If talking about emotions, which can help to define a lie, they usually don't match the content. I.e., emotions can be either too violent or too stingy. Anyway, the emotions of such a person are often spontaneous and occur as abruptly as they appear. Very often it may happen that the liar will say that he is something he likes, and then smile. But the honest man says, smiling from

Very often the facial expressions of a liar often contradicts his words, i.e. he can smile while speaking sad words or lower the corners of the lips during some nice moments for him. And when a liar smiles, his eyes remain empty and unused.

Cheaters quite often like to answer a question with a question and always try to avoid direct statements and denial, trying to answer the question hints while retaining its confidence. Sometimes in conversation, they add unnecessary details, and important things tend to hide or change. During the conversation, rarely uses pronouns.

If you invite a liar to change the subject, he willingly agrees to give up, then how truthful people are trying to finish the previously started conversation. Liars often resort to sarcasm. This is especially true in those moments when it comes to "sick" subjects.