

# Don't you believe me?

Talk with other class members about one of these situations .

- ~ A successful lie that I once told.
- ~ A white lie that I told recently.
- ~ A lie that I told that didn't work.
- ~ When I was wrong to tell the truth.

## Can You Spot A Lie?

Here are eight ideas to help you spot other people's untruthfulness (or hide your own).

1. People often **hesitate** before starting a sentence containing a lie.
2. A change in **pitch** of the speaker's voice is often a sure sign.
3. When a speaker suddenly starts to move hands and feet while he / she is talking, this is a **dead give-away**.
4. Watch for changes in **the pace of delivery**. A normally truthful person will speed up to get through a difficult lie as fast as possible.
5. The "Pinocchio" nose effect is another clear indicator to watch out for. If you lie your blood pressure will probably increase and this will make your nose itch. So when lying, a person often **feels the need to** touch or cover his / her nose with a hand.
6. After successfully completing a lie speakers usually experience a feeling of relief from **anxiety** and may smile or start laughing for no apparent reason.
7. Changes in blood pressure may also cause changes in **facial colouring**. Watch out for blushing or sudden loss of colour.
8. Lying often makes people feel guilty, which makes it difficult for many people to **maintain eye contact**. If somebody cannot look you in the eye they are probably trying to lie to you.

Try to match the bold words above with one of the explanations in the grid below.

Word or Phrase	Definition / Explanation
	to want to do something very much
	something that clearly shows a secret or a lie (informal)
	to stop talking for a short time
	looking at another person's eyes while you are talking
	a feeling of being worried
	the "musical" tone of a person's voice
	the colour of somebody's face
	how fast somebody is speaking

Do you agree with the ideas? How useful are they for everyday situations?