

Scripts

Audio # 1:

How to detect a lie.

Are you getting the whole truth and nothing but. The answer may be lying right in front of you. You will need a good ear, good eyes and a healthy skepticism.

Step 1: watch the suspected liar's hands. Body language study shows that people tend to touch their face and scratch their nose when they lie.

Step 2: follow their eyes. Liars tend to blink a lot and **don't maintain eye contact**.

Step 3: note their words. A liar will often skip contractions saying I did not instead of I didn't and avoid pronouns using someone's full name instead of he or she.

Step 4: check their smile. People who are telling the truth use many facial muscles but liars smile just their mouth.

Step 5: notice their posture. Liars tend to keep their body postures closed, by folding their arms, for example. They may also unconsciously put an object between you, like a cup of coffee.

Step 6: Pause momentarily before responding. If the silence make them uncomfortable, they may be lying.

Step 7: pay attention to details. If they provide more information than necessary, that's a bad sign. People tend to be overly specific when they are making something up.

Step 8. Change the subject. If they seem relief that's probably a red flag that they have been lying straight to your face.

Step 9: what you do up from here is up to you. It may be smart to file your knowledge away for future years. However, if you are noticing a trend, it just might be time to teach your liar a lesson.

Did you know in a recent 'Poll' 91% of Americans reported lying on a regular basis.

Audio #2:

Everybody always ask that, so, body language of people who are lying. Let's go through a few things.

First of, you've got to take a look at the face. Right. You know, almost every time when somebody is touches their face there is a lot of people who will say: Oap, you are a liar. Ok. Touching a face doesn't necessary mean a lie. It may mean that the person is nervous, it may mean that there are a lot of things going on. It could just be those tales that they do trying to get comfortable. Now, from there let's take a look at how often somebody blinks. You know, the average person blinks anywhere between 3 and 11 seconds without medical conditions, without contacts and a few other things that are going on. Just say, the normal average person blinks every 3 to 11 2 to 12 seconds, and under stress what will happen is that person may start blinking faster which may mean that there is something going on you should ask questions about. So, in conjunction maybe they are blinking, maybe they are touching their face, ok, so light conditions can cause it, contact lenses can cause this, medical conditions like terret. I used to with a lady who blinked excessively until I asked her "what's going on", and she said, you know, I have medical conditions, you know. Ok, that makes a bunch of sense. Totally understand now.

Now it could be that the body language shifts when you ask a question. You can ask a question and the person gets uncomfortable, maybe they fold their arms, doesn't mean that's a sign of lie but you can also look at the micro expressions on their face. If somebody is coming to you or you go to them and ask a question "did you steal my wallet" and like, all of a sudden, they show surprise: eyes go up, lips get flat. It tells you, that person is surprised. Well, let's go with the micro expression of fear: "Hey, did you steal that car?" And all of a sudden the lips pull back, the eyes go up, the jittering on the body start happening. Perfect sign that that person is lying. So, those are all some other things you can take a look at but it doesn't mean that it is exactly what is going on. ..

There is no one sign that is absolutely for every other person.

Now you all are in the class here and one of the things you can see is when somebody gets up here and want to elaborate on what they have done. They might take their hand, it is called a lobster claw deception, take their hand and they will close it but then put it on the chin so they'll tell a story like "Oh yes, last week I was hanging over with this celebrity and what did they say, the hand comes here: that is usually a sign that the person is taking somebody's else's story and making it their own. Not always the case ... but a lot of the times that's the case that they are coming up and they have something interesting that is going on right here.

Now, as always, you are gonna want to watch ... to make sure what is going on, see what the story is, sometimes you can tell by their breathing but not all the time, and just remember is their body shifting or they are trying to get away from you.

And then last of all you can look for a mismatch (...). Some people may call it a leak, some a mismatch.