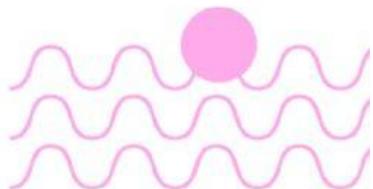


# DON'T BE FOOLED AGAIN

There is no foolproof way of telling when someone is lying, but there are various signs to look for. For example, liars often touch their faces. A liar may stroke his chin or touch his nose. In fact, the fairy-tale Pinocchio is closer to reality than one might think. According to the Chicago Smell and Taste Treatment and Research Foundation, people's noses get bigger when they lie because more blood goes to the nose. This extra blood causes nasal tissue to itch. As a result, people often scratch their noses when they are lying. The researchers discovered this when they watched a tape of a person who was lying. When the person was telling the truth, he didn't touch his nose. When he was lying, he touched it once every four minutes.



You should also watch a person's eye movements. Most people think that we maintain eye contact when we tell the truth and look away when we lie. That's not true. Many people actually look right at you when they are lying. Liars consciously try to look at you because they want to appear sincere. However, there is an unconscious reason why people don't look at you when they are telling the truth. When people have to retrieve information from memory, their eyes move up. They do this unconsciously, but consistently.



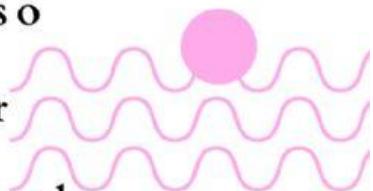
The point here is not that any particular behavior means that a person is lying. The secret is to watch people closely and follow their mental processes. Look for their patterns and see when their behavior changes. Watch for an answer that breaks the rules—the odd one out will be the lie. Now, that you know how this works, go out and try it with friends and family. Challenge them to lie convincingly as you watch their eye movements and body language. The more you practice detecting lies, the better you'll get.



**I. INSTRUCTIONS: MATCH THE WORDS WITH THEIR TRANSLATIONS IN SPANISH**



1. foolproof	• señal
2. sign	• decir la verdad
3. look for	• rascar
4. liar	• patrón
5. stroke	• grabación
6. nasal tissue	• buscar
7. itch	• raro
8. scratch	• a prueba de tontos
9. tape	• comportamiento
10. tell the truth	• encontrar/recuperar
11. retrieve	• picar
12. behaviour	• mentiroso
13. pattern	• acariciar
14. odd	• tejido nasal



**II. CHOOSE ONE PARAGRAPH FROM THE READING AND TRY TO EXPLAIN THE IDEA WITH YOUR OWN WORDS**

