

3 READING

- a Read the article quickly and choose the right answer.

What kind of clues does the article say can enable us to spot a liar?

- ☐ a verbal clues
- ☐ b non-verbal clues
- ☐ c both verbal and non-verbal clues

- b Read the article again and mark the sentences T (true) or F (false).

- 1 White lies are less serious than other lies. ☐
- 2 Ordinary people are conscious of just over half of the lies they are told. ☐
- 3 People who are lying cannot keep still. ☐
- 4 Liars are incapable of maintaining eye contact. ☐
- 5 It is easy to smile, even when you don't feel like it. ☐
- 6 You can detect a real smile because of the lines around the mouth. ☐
- 7 People will know that you are lying if you shake your head when you say yes. ☐
- 8 Liars never shrug their shoulders when they are telling you a story. ☐
- 9 People only use one side of their face to show contempt. ☐
- 10 As soon as you spot a person making one of the signs, you know that they are lying. ☐

- c Look at the highlighted words and phrases in the text and try to work out their meaning. Then use them to complete the sentences.

- 1 It is a popular that we only use 10% of our brains.
- 2 I you won't be going to the party now that you know your ex-wife will be there.
- 3 She lit a candle to try to the smell of smoke in the room.
- 4 That watch must be a . You can't get a Rolex for that price!
- 5 I sometimes tell my wife to avoid arguments.
- 6 Little children tend to . Sometimes, they just can't keep still.
- 7 We'll soon know if those boys broke the window or not. Their guilty faces will .
- 8 They are examining the document to see if it is .

How to spot a liar

People tell us lies every single day. Some of these lies are **white lies**, told to protect our social dignity or to keep a secret which needs to be kept. But others are more dangerous and can cause serious problems. According to Pamela Meyer in her best-selling book *LiespotTERS*, most of us only realize that someone is lying to us 54% of the time. In her book, Ms Meyer explains the patterns used to recognize deception by liespotTERS like herself.

Ms Meyer starts by disproving some of the myths about liars and their body language. For example, most people believe that liars tend to move around and **fidget** a lot when they are not telling the truth. In fact, people tend to freeze their upper bodies when they are lying, she says. Another **misconception** is that liars will not look a person in the eye. According to Ms Meyer, they maintain eye contact a little too much because they have already heard about the myth. In general, liars are very good actors but one thing that can **give them away** is their smile.

In her book, Ms Meyer explains how it is possible to detect a **fake smile**. Smiling is a conscious action, she says, and anybody can do it just by contracting the muscles in their cheeks. The secret to a real smile lies in the eyes. We have some lines at the outer corner of our eyes called **crow's feet**, which appear when we give a **genuine smile**. It is impossible to consciously contract the muscles around the eyes to produce these lines. This means that a smile which doesn't reach the eyes is not real.



Further signs that give liars away, according to Ms Meyer, are differences between their words and their actions. Someone who shakes their head when they are saying 'yes' is lying, as is a person who shrugs their shoulders when they are trying to tell a convincing story. Facial expressions are another clue. Liars are experts at faking expressions for long periods of time in order to **mask** what they really feel. Often, the emotion they are trying to hide suddenly appears on their face for a second. Ms Meyer identifies the worst of these emotions as contempt: a feeling that a person is without value. Contempt is shown by pulling one corner of the lips up and in.

Ms Meyer warns us, however, that we shouldn't **presume** that somebody is lying just because we have seen *one* of the signs. But we should be suspicious when we see many of the signs together. When we spot that we're being lied to, our next job is to find out the truth, and that requires completely different skills.