

3 WAYS TO TELL IF SOMEONE IS LYING TO YOU



Summary: Know the signs of deceit so that you can approach any kind of relationship whether personal or professional with assurance that people are being honest with you.

Can you tell when someone is lying to you? Chances are someone will lie to you at some point whether it is your boss, coworker, car salesman, child, or any other person you encounter. Prepare yourself to know when they are lying or being honest by knowing what signs to look for without being detected as someone digging out the deception.

1. Yes or No

Yes or no questions should be answered as such. Someone that cannot or will not answer a simple yes or no question is being deceitful. Do you remember Bill Clinton's infamous statement, "It depends upon what the meaning of the word 'is' is. If 'is' means is and never has been, that's one thing. If it means there is none, that was a completely true statement." This area between yes and no is full of half-truths, innuendos, assumptions, verbal judo, and suppositions. Generally people want to tell the truth so they will do all they can to contort words in a way that makes it seem as if they are telling the truth. If you ask someone a simple yes or no question and they don't answer it, be on alert. Try again and if they again do not answer yes or no then there is a very good chance they are lying.

2. Well

Going back to asking someone a yes or no question and the way they start their response is a good sign. When someone starts with "well," that is a good indication they are hiding something. Starting with "well" is a good sign that they are going to answer in a way that you don't expect.

3. Why Should I Believe You?

When someone that is truth is asked "Why should I believe you?" they respond with "Because I am telling the truth." Someone that is lying knows they are not telling the truth so they will respond with "Because I'm an honest person" or "I have no reason to lie." No matter how you question their truthfulness, the way they respond is your sign of their deceit.

No one person will be 100 percent accurate at detecting deception but these signs are a good way of putting you on guard. There is probably a good chance that you will have a gut feeling based on their actions and language that will tell you if there is a reason to be wary.

Read these articles to learn more:

- [Know How to Stop Workplace Bullying](#)
- [Adjectives to Look for in Quality Candidates](#)
- [Has Honesty Become a Thing of the Past](#)

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