

Lie Theory: How Can We Determine a Liar

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ABSTRACT

This article explains the ways to determine whether a person is telling the truth or lying based on gestures and facial expressions.

By now, lies have become an integral part of our daily life. People are using various lies for their own benefit. A lie can be harmless or cause serious harm. This article will help you learn how to distinguish between liars who are lying based on different criteria.

Together with our team, we gathered 20 women and men. We explained to them that they lie to each other. They invented various lies of their own free will. Then the first team lied to the second team. We observed what gestures they used. And we found that everyone uses different gestures. But most of them focused on their words and not their body movements to hide their lies. That's why we've found that body language is so important to spotting a lie. Every person should be able to spot a lie. To do this, you need to learn several techniques and remember the main signs of lies in facial expressions and gestures. Let's take a look together at what technical features women and men lie when talking about facial expressions, gestures, eyes.

Firstly, a lie is manifested in a person's facial expressions. Look carefully at your interlocutor to recognize a lie. If you can see these changes in his facial expressions, then he or she might be lying.

- **Asymmetry.** This symptom can manifest itself in different ways. First, one side of a person's face can express any emotion more strongly. That is, the sentences on the right or left face are amplified. Symptoms such as exaggeration begin to be felt.
- **Time.** If the interlocutor's facial expression changes after 5 seconds during the conversation, he is trying to lie. Scientists have found that facial expressions usually change after an average of 10 seconds. But if your interlocutor experiences anger, pleasure or depression, then his facial expression changes really quickly. Therefore, you can tell whether he is telling the truth or lying from his facial expression.

- **Feelings do not match words.** If your interlocutor verbally expresses some emotion, but his face is still calm, he may be deceiving you. For example, if a person talks about his sadness, but the sadness is visible on his face, then he is trying to mislead you. Sincerity is manifested in the synchronization of words and feelings.
- **Smile.** When your interlocutor is cheating on you, they can often smile. There are two reasons for this. A person uses a smile to relieve stress. This is a specific instinct that appears in childhood and continues until adulthood. And when a person cheats, he experiences stress, a smile helps him relieve stress. Another reason why liars often smile is because they know that a good way to hide their lies is that the person they are talking to pays more attention to their facial expressions than to their words. The smile helps to hide their true feelings. However, one should be careful when trying to detect a lie with a smile. Scientists have found that liars and normal people smile at the same frequency during a conversation. Only their smiles are different. A liar's smile can be called "tense". He looks tense and his lips are slightly drawn, his teeth slightly opened.

If a person is telling the truth, he will often look you in the eye. However, the liar tries to run away with his eyes. However, it is necessary to be careful, an experienced liar, on the contrary, tries to look his interlocutor in the eye as much as possible during the conversation. If the interlocutor turns twice when he remembers or imagines something, this is natural and he is telling the truth, but an experienced liar absolutely does not take his eyes off the interlocutor during the conversation and looks at him with all his attention.

According to research results, male liars tend to look down, while female liars, on the contrary, tend to look up.

Observing gestures is a great way to spot a lie. For example:

- ✓ **Touching.** A liar is often nervous, and because of this, he often involuntarily touches his nose, throat, and around his mouth, and involuntarily touches his ear.
- ✓ **Getting nervous.** A liar often bites his lips, trying to distract from the conversation. Also, his gestures show that he is getting very nervous and as a result the gestures become tense.
- ✓ **Mouth covered by hand.** The liar involuntarily tries to cover his mouth with his hand, sometimes pressing his thumb to his cheek. Sometimes it is accompanied by a cough. The fact is that he is trying to change the topic of the conversation in time so that his lie is not exposed. A cough is designed to distract you from the topic of conversation. After all, a cultured person will certainly ask if you are healthy and thus distract from the real topic of the conversation.
- ✓ **Make eye contact.** This gesture is slightly different for men and women. It's as if a woman is trying to fix her makeup by running her finger under her eyes. And men just rub their eyelids. This is another way to avoid eye contact. But this gesture also has two meanings. The first, as already known, is a lie. The second is the desire to get tired of the conversation and show the other person how tired they are of looking at him.
- ✓ **Touching the neck.** Most often, this gesture looks like this: a person begins to run his hand to the side of the neck or scratch his ear. Often, this gesture is repeated several times, and the number of repetitions reaches 5 times. This gesture shows the liar's doubts. For example, you said something to a person and he answered: "Yes, yes, I understand" or "I agree" and at the same time touched his ear or neck. This shows that, in fact, he doubts your words or simply did not understand you.
- ✓ **Child gesture.** Liars often unconsciously put their fingers in their mouths. So they try to get rid of the guilt and pretend they're back in the days when everyone cared about them. So the

liar asks for your help and forgiveness. He seems to want to tell, and in such cases he tries to illustrate that he is embarrassed or sorry for his lie.

Another way is to pay attention to the left half of his body. The reason is that it is the left side of the body that responds to emotions. So, if you want to know if a person is telling the truth or lying, look at his left hand, half of his face or half of his leg. Our brain controls the right side of the body. Often the left side is beyond our control. The truth is that even if a lie is premeditated, a person thinks more about words than about feelings and gestures. Therefore, the left side, which is associated with emotions, can indicate his true feelings and intentions. Researchers have discovered that each brain of the body controls its own half of the body. The right brain is responsible for emotions, feelings and imagination. The rest is for the mind and speech. Nature is arranged in such a way that each brain controls the "opposite" part of the body. That is, the left brain controls the right part of the body, and the left, on the contrary, controls the right side. Therefore, the right side of the body allows for more conscious control. This is one of the main signs of a liar - asymmetry, when the right side of the body tries to be calm or express the "correct" emotion, and the left side of the body has a little difficulty achieving this. This is why people they need to pay attention to their left hemisphere to notice that they are lying.

The difference between a lie and a lie...

Interestingly, a person who is a master of lying is also a master of spotting someone else's lies. At University College London, Geoffrey Baird conducted a test among a group, asking them to give true and false information about themselves. After that, they were asked to find out each other's lies. In the initial test, members of the group who lied were "more successful" at detecting the lies of others. Maybe they could see through the tricks of the liar.

In general, a soft-spoken conversation, rather than a harsh question, works better. If you are soft-spoken, the "liar" will get lost in his words and start speaking in gibberish.

In conclusion, we should not let them deceive us because it can cause us several problems. Master all the lie-detecting techniques mentioned above, because awareness is the need of the hour. Don't let them lie to you!

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