

# 6 Ways to Know If Someone Is Lying

POSTED BY MARY D ON JUNE 30, 2014 IN 6 WAYS TO KNOW IF SOMEONE IS LYING | 26988 VIEWS | LEAVE A RESPONSE

It is incredibly hurtful to feel as though someone you care about is being dishonest with you. If you place your trust in a person and they lie, it can become very difficult to rebuild that closeness. In a professional setting, dealing with dishonesty can leave you feeling vulnerable and frustrated and affect your ability to do your job well.

One way to address the issue is learning how to tell when someone is lying to you. It's not always easy, but learning a few tricks will help you to find out when you are dealing with a liar. Here are six ways to know if someone is lying; use them wisely.

## #1 – Body Language



Look out for nail-biting ([image source](#))

Lying with your mouth is one thing, but lying with your body is much harder. There are a few clear signs that suggest a person is lying. Look out for generally “shifty” behaviour, such as foot shuffling and nail biting. Another “tell” is when they subtly cover or shield vulnerable parts of their body, such as the eyes or throat. If a person looks like they are trying to protect themselves or is generally uncomfortable or nervous, it could indicate dishonesty.

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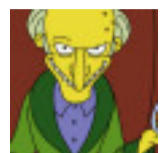
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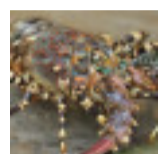
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