

The Body Doesn't Lie

Part One:

How to Correctly Write and Read Body Language

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For the purpose of clarity: I use the names Jack and Jill, (men statistically lie more than women).

Jack might lie but his body can't!

- Jack might tell two types of lies:

Omission: Jack won't tell the whole truth. He'll leave out parts.

Commission: Jack will make stuff up.

- There's a Continuum of Dishonesty ... 1 lowest level- 7 Highest
- The higher the level, the more body cues you might include in your narrative.

Level 1:

Lazy Liar

Jack's Lies:

Shorten the story

Won't be protested by anyone

Helps him dodge the subject

Prevents an argument

Level 2

The Embellisher

Jack uses lies to:

impress

compete

sell

Level 3

The Avoider

Jack tells:

Nice lies, "Yes, I love your new haircut"

Avoids offending others

Avoids having to explain

Avoids uncomfortable situations "I have a migraine,"

Not, I really don't want to go."

Level 4

Jack is a Defensive Liar
Lies to protect the truth
Lies to protect a secret
To cover for self or someone else

Level 5

Jack is an: Intentional Liar
Lie to get a reaction: Jealousy “I hiked the whole Appalachian Trail,”
Wants a reaction, “You can’t retire? I could retire now”
When caught, often admits they lied but justify with “I was just messing with you.”
By possessing awareness, they show some ability to change

Level 6

Jack is a: Pathological Liar
Will lie consistently “Even when the truth would do better”
Not necessarily a Sociopathic liar (lie may not profit from his lies)
Unconscious, spontaneous lying
Often unaware they are lying, believe their own truth

Level 7

Jack is a Psychopath
The Big One: The villainous sociopathic or psychopathic liar
Any means to achieve an end that works for them
Will be clustered with other criteria for this diagnosis:

Criteria for Antisocial Personality Disorder Included FYI

- Superficially charming; “silver tongued”
- Self-absorbed and egocentric
- Easily bored, in need of constant stimulation
- Habitual liar
- Manipulative
- Shows no remorse; rationalizes wrongdoings, says people deserve it
- Shallow emotions
- Lacks empathy
- Exploits the goodwill of others especially financially
- Sexually promiscuous
- Impulsive
- Behaves recklessly
- Accepts no responsibility for actions
- Had behavior problems as a child

- Lacks inhibitions
- Has no long-term goals
- Have many short term relationships
- No respect for authority, including the law
- Thinks they are never wrong
- May be highly intelligent, but has no conscience

- Keep in mind as you write!!

Psychopaths are socialized, the smarter they are (and most are very smart), the more they know and try to adhere to social norms. They know what folks are looking for.

- Does Jack have a Personality Disorder where lying is inherent?

Narcissists: These people tend to lie to boost their self-image and increase their power over others.

Borderline: This is a compulsive personality disorder.

Histrionic Lying because of an excessive attention-seeking disorder.

Antisocial personality disorder: Psychopath, Sociopath Lie to manipulate

- Why an “ordinary ”Jack might lie:

- To Avoid Punishment
- To protect someone else from punishment
- Being Polite (Socialized)
- Avoid Embarrassment
- To appear “normal”
- To protect or maintain privacy
- To gain a reward

- WE NEED TO KNOW!!! They may look and act “ordinary,” but have criminal intent.

Which is why we want to be certain.

- Why Jill might block the lies

You may write Jill’s unconscious motivation

She can stay in denial about Jack being a “bad guy”

Jill may be forced to act if his lies are acknowledged and not accepted

Jill might justify his lies with: “Well how can I judge? I lie too.”

He does not answer questions, or gives evasive answers; he speaks nonsense, rubs the great toe along the ground; and shivers; his face is discolored; he rubs the roots of his hair with his fingers. Description of a liar, 900 BC

- What doesn’t work:

Do not put a lie detector test as evidence in your manuscript

Polygraph tests have questionable reliability. They can be used to intimidate a suspect and interrogate but are **generally not admissible as evidence in court.**

- Artificial Intelligence lie detectors

Is AI lie detector accurate?

Highly controversial because **the notion of an accurate lie detector machine remains science fiction**, and with good reason: There's no evidence of a “universal psychological signal” for deceit.

- Proof that the body doesn't lie

Pedophiles

Phallometric testing. PPG is an **FDA approved device and is admissible in courts as evidence.**

Most accurate:

Observation and interpretation

ALL LIARS HAVE A “TELL”

Part two includes:

MICROMOVEMENTS

and Body Posturing