Don’t believe everything you think
CAN YOU TELL WHEN SOMEONE’S LYING?

How not to spot a lie
In surveys, people cite “signs of lying”—like avoiding eye contact, making nervous gestures, or incoherence. But studies show that liars don’t actually behave like this.

How to spot a lie
Liars are revealed by their microexpressions; fleeting facial movements that are outside their conscious control.

Consciously, we’re not naturally good at spotting microexpressions.

Unconsciously, we do better. In studies, our spot-a-lie instinct is more effective when we’re not trying—when we’re actually thinking about something else. Researchers believe that in these situations, our brain is able to integrate subtle, subconscious cues.

Takeaway
Go with your hunch. Also, know that your lie-spotting skills may let you down.

Sources:

For more on understanding ourselves and each other, read Student Health 101.