

An FBI Agent's Toolkit for Catching Liars and Cheats

As a former FBI agent, I've spent years studying the art of deception. I've learned how to spot lies and cheats with a high degree of accuracy. In this article, I'm going to share some of my secrets with you.



Lies People Tell: An FBI Agent's toolkit for catching liars and cheats. by Frank Runles

★★★★☆ 4.7 out of 5

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First, it's important to understand that lying is a complex behavior. There's no single telltale sign that someone is lying. However, there are certain behaviors that are more common among liars than truth-tellers.

One of the most important things to look for is changes in body language. When someone is lying, they may become fidgety, avoid eye contact, or touch their face excessively. They may also speak in a monotone voice or use vague language.

Another important thing to look for is changes in facial expressions. Liars may have difficulty controlling their facial muscles, which can lead to involuntary tics or microexpressions. These microexpressions can be very brief, but they can be very telling.

Finally, it's important to pay attention to what someone is saying. Liars may make statements that are inconsistent with their previous statements or with the known facts. They may also use evasive language or try to change the subject.

Of course, not everyone who exhibits these behaviors is lying. However, if you're suspicious that someone is being dishonest, these behaviors can be a red flag.

Here are some specific tips for catching liars and cheats:

- **Pay attention to body language.** Look for fidgeting, avoiding eye contact, and touching the face excessively.
- **Observe facial expressions.** Look for involuntary tics or microexpressions.
- **Listen carefully to what someone is saying.** Look for inconsistencies in their statements or evasive language.
- **Trust your instincts.** If you have a gut feeling that someone is lying, it's probably best to listen to it.

Catching liars and cheats isn't always easy, but it's possible with practice. By following these tips, you can improve your ability to spot deception and protect yourself from being taken advantage of.

Here are some additional resources that you may find helpful:

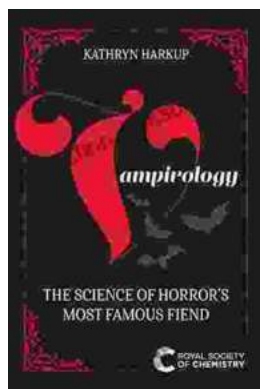
- FBI Know Your Enemy: Beyond the Basics
- Catching Liars: Professional Training
- The Real Science of Lie Detection



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