



Issue 18

## Cues Associated with Fear of Being Discovered

Many suspects have been engaged because they are the only ones with sweat stains around armpits, sweat on face and neck. Deceivers tend not to take their credibility for granted as truth tellers might. Deceivers will feel the need to control their behavior to appear more believable. For example, the common belief is that a liar will not make consistent eye contact and may over compensate eye contact to appear believable. An individual attempting to deceive, can experience strong emotions such as guilt or fear. These emotions may cause a decrease in gross body movements due to the attempted deception, but they can also be at times, due to thinking or cognitive overload. The research shows that liars tend to show less arm and hand movements than truth tellers. Individuals telling the truth may experience heightened emotional arousal due to fear of not being believed or increased cognitive load trying to remember critical facts), can display the same type of behavior as liars, such as more speech hesitations, lack of gross body movements etc. Because of the stress caused by this situation, truth tellers can lead others to commit what is known as the 'Othello error'. Shakespeare's Othello suspected his wife, Desdemona, of adultery and when he questioned her, she was so anxious to prove her innocence her nervousness was interpreted as a sign of guilt. Conversely, liars may attempt to suppress cues such as hand and arm movements and eye blinks which they consider will make interviewers suspicious. As such, the presence or absence of these cues shown by an individual is dependent on which physiological response (emotional, cognitive load or attempted behavior control) is most dominant at the time. It's important to note that it must be inconsistent with the environment and basically no one else is exhibiting the same display. Also, it is important to note that we must consider all possibilities before jumping to conclusions that someone is hiding something for example they could be running later, they could be sweating because of running, or they could just be an individual who sweats a lot. Below are behavior and appearance indicators that can result from the fear of discovery state that we discussed above. The behaviors listed below are used in various behavior detection programs in rail, immigration, border crossings and airports around the world, and in the United States:

**Complexion:** The body's decision to take blood from the skin can result in a pallid complexion.

**Lips and Mouth:** Being part of the digestive system, the mucosa of the lips and mouth have dramatically reduced blood flow; lips and other mucosa shrink, resulting in pale thin lips and drooping lower eye lids.

**Hands:** Hands may shake in response to increased metabolism.

**Nostrils:** Increased need for air results in flared nostrils and audible breathing.

**Eyes:** Eyes have focus on the cause of the stress. This can result in a squint or wide-open eyes. Depending on the situation it can signal fear or surprise.

**Brows:** Brow clinches and draws downward. This signals anger or concern

**Shoulders:** Shoulders draw higher in preparation for defense or escape.

**Heart Rate:** Increased heart rate may show in the rise and fall of the shoulders.

**Mucus:** Body's increased need for glucose can start to scavenge from the mucosa and leave white residue in the corners of the mouth.

**Elbows:** Elbows go close to the ribs. (Diminishing gross body movements can signal deception when answering questions. Research shows that when we lie gross body movements constrict)

**Palms:** Palms turn down and the hands close to form fists. In extreme terror, this can go even further, resulting in the elbows drawing to the ribs and the hands moving to protect the face, in a reflexive effort to protect the area around the vital organs. (Crossing arms, rubbing face, beard, moustache, grooming gestures)

**Sweat:** The increased need for cooling causes the body to sweat, and in this sweat, are massive amounts of by-products; the fight-or-flight body odor is noticeable. Individuals under a lot of stress will suddenly sweat profusely due to the body trying to cool down

Other actions include:

Trembling

Rapid Eye Blinking

Sweating

Fidgeting

Grooming Gestures

Avoiding Direct Eye Contact with Others

Appearing to be Scanning the Area

Hesitation or Indecision in Secure Areas

Baggage Appears Heavier Than Expected

Whispering

Maintaining Covert Ties

Looking for Security Personnel