

4

Look for definite signs of lying. While you can't rely on facial expressions alone to know for sure that someone is lying, there are some other signs that are mostly proven to signify lying, and if you notice them along with inconsistent facial expressions, then someone may be hiding the truth. The other signs are:

- a sudden jerk or tilt of the head,
- increased shallow breathing,
- extreme rigidity,
- repetitiveness (repeating certain words or phrases)
- over-compensating (giving too much information)
- covering the mouth or other vulnerable areas such as the throat, chest, or abdomen
- shuffling of the feet
- difficulty in speaking
- abnormal eye contact – either complete lack of it, rapid blinking, or extended eye contact with no blinking,
- pointing^[15]