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Annotated Bibliography: The Science of Lying

Edwards, Vanessa Van. “9 Things You Should Know About Liars”, *Science of People*. <https://www.scienceofpeople.com/9-things-know-liars/>. August 3, 2020.

This blog post talks about the behaviors of “prolific” liars as compared to “normal” liars and their tendencies to lying. It also talks about the several statistics on spotting liars in different types of settings, such as lie detection accuracy of the average person in familiar situations versus unfamiliar situations. Additionally, the blog post shows a TED talk by Jeff Hancock about “3 types of (digital) lies”.

This article helps me understand more about the behaviors of liars backed by statistics. Also, it shows that lying is stressful and so are proving yourself innocent in certain situations, making it difficult to spot liars in public settings which supports one of the main points in my essay.

Green, Hank. “The Science of Lying”, *YouTube*, uploaded by SciShow. July 1, 2012. <https://www.youtube.com/watch?v=MX3Hu8loXTE>. August 3, 2020.

A YouTube video that explains the evolution of our behavior towards lying and how pathological liars different from normal people. It also talks about how scientists are progressing in detecting lies in many situations.

This short video reinforces my essay to better explain how us humans lie so much and what an extreme or pathological liar thinks about at the event of lying as compared to average people and why they are good at it.

Gunderman, Richard. “Is Lying Bad for Us?”, *The Atlantic*. Health. February 13, 2013. <https://www.theatlantic.com/health/archive/2013/02/is-lying-bad-for-us/273121/>. August 3, 2020.

The article debates if the immediate merits of lying offsets the consequences it brings towards our mental and physical health. It also discusses how problematic our current culture encourages lying in many situations and the health benefits of reducing the amount of times we lie everyday.

This is essential in my essay for explaining the underlying effects of deception and sustaining a lie for longer periods in our mental and physical health.

Maxfield, David and Joseph Grenny. “Why Do We Lie? | The Behavioral Science Guys”, *YoutTube*, uploaded by VitalSmarts*.* February 3, 2015, <https://www.youtube.com/watch?v=GYyvmyIqiGk>. August 3, 2020.

Two best selling authors proves that, in general, people are “morally asleep” or unconscientious about making moral decisions. As a solution, a friendly moral nudge or a reminder to wake people’s “conscience” would encourage people to make decisions morally aware.

This is relevant in my essay as it confirms my thesis that all of us, by default, are liars but can still do the right thing with proper reminder.

Stillman, Jessica. “The Science of Lying: The More You Do It the Easier It Gets”, *Inc*. October 2, 2018. <https://www.inc.com/jessica-stillman/the-science-of-lying-more-you-do-it-easier-it-gets.html>. August 3, 2020.

It suggests that lying rewires our brain which makes it easier for us to produce lies the more we attempt to do it. Also, consistent lying desensitizes our brain of fear and anxiety (amygdala) which benefits us to lie more at ease the next we attempt to.

This article aids my essay to enumerate consequences and benefits of lying. It is also relevant to one of the main points of my essay as it suggests that lying, even without being caught, does harm in the person’s character.

Vitelli, Romeo PH.D. “When Does Lying Begin?”, *Psychology Today*. November 11, 2013. <https://www.psychologytoday.com/us/blog/media-spotlight/201311/when-does-lying-begin>. August 3, 2020.

The article discusses how humans, as early as 25 months old, learned how to lie and how it plays out as an important part of our developmental growth. It also shows various laboratory controlled experiments on children to measure their lying behavior and capability.

One of the main points in my essay, whether lying is beneficial or detrimental, has taken some points in the experiments in the article thereof . It shows that lying requires cognitive skills and executive functions to execute a lie, and kids with better cognitive skills and working memory are more likely to lie in certain situations.

Warren, Cortney. “Honest liars -- the psychology of self-deception: Cortney Warren at TEDxUNLV”. *YouTube*, uploaded by TEDx Talks. May 2, 2014. <https://www.youtube.com/watch?v=YpEeSa6zBTE>. August 3, 2020.

The TED talk speech is about the implications of self-deception in our personality and the psychology behind it.

Information about the psychology behind lying to oneself and its implications to personal growth is a hard evidence as to why the practice of lying is dangerous towards our mental health and our relationships with others. This helps my essay to dive deep into the reasoning behind self-deception to better understand it psychological aspect.