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ENGL 205

22 July 2020

Essay 3 Progress Notes: Brainstorming

I chose a topic about “The Science of Lying: Cause and Effects” for my Essay 3.

* People lie as a social advantage
* We are all instinctively liars. On average, people lie at least 3 times in a single conversation. As human beings, research says we lie as early as 6 years old (YouTube Video).
* Even though lying is bad, we are good at it.
* People who are good at lying (or pathological liars) are good at self-deception. So when they tell the lie, they “Whole-heartedly” believe it.
  + California researchers found that pathological liars have about 25 percent more white matter in their brain (prefrontal cortex) and 14 percent less of the grey matter than other people (part of the brain for critical thinking) (YouTube Video).
* Liars have a hard time maintaining relationships.
* No matter how good a liar conceal the symptoms of lying, there are always signals that will “leak” through their choice of words or body language.
  + We make more eye contact, instead of less, when lying
  + Liars use more formal language to deny a fact.
* “... it shows that lying is a major component of the human behavioral repertoire; without it, we would have a hard time coping.” (Scientific American).

It seems like lying isn’t as bad as it sounds after having my research. By nature, we are all liars and it’s one of our ways as a coping mechanism. Although it is definitely not a good habit, we cannot help ourselves to lie more often than we think we do. Sometimes we do subliminally.

Works Cited

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

Shaarschmidt, Theodor, “The Art of Lying”, *Scientific American*, <https://www.scientificamerican.com/article/the-art-of-lying/>

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