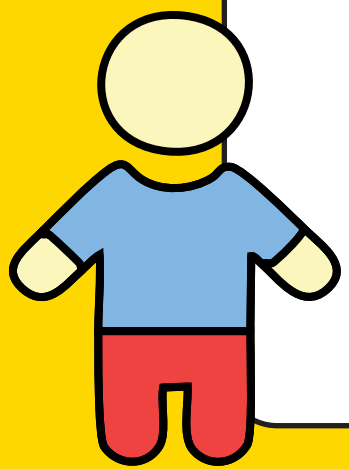


The Psychology of Lying

**“No man has a good enough memory to be a successful liar.”
– Abraham Lincoln**

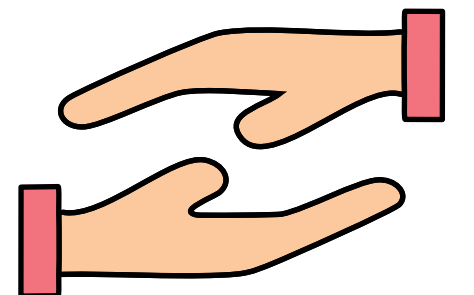
Lying Is a Skill That Improves With Age

Children start lying as early as 2 years old, and by 4-5 years old, they can tell more convincing lies as they develop cognitive skills.



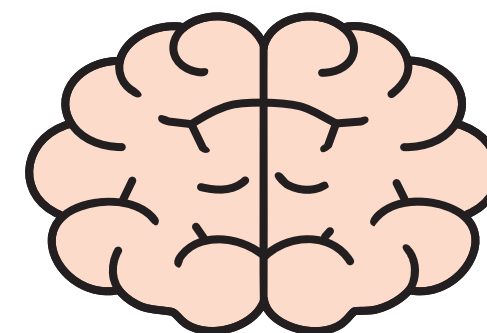
Body Language Can Reveal Lies

Signs of lying include avoiding eye contact, fidgeting, microexpressions and longer pauses before answering.



The Brain Works Harder When Lying

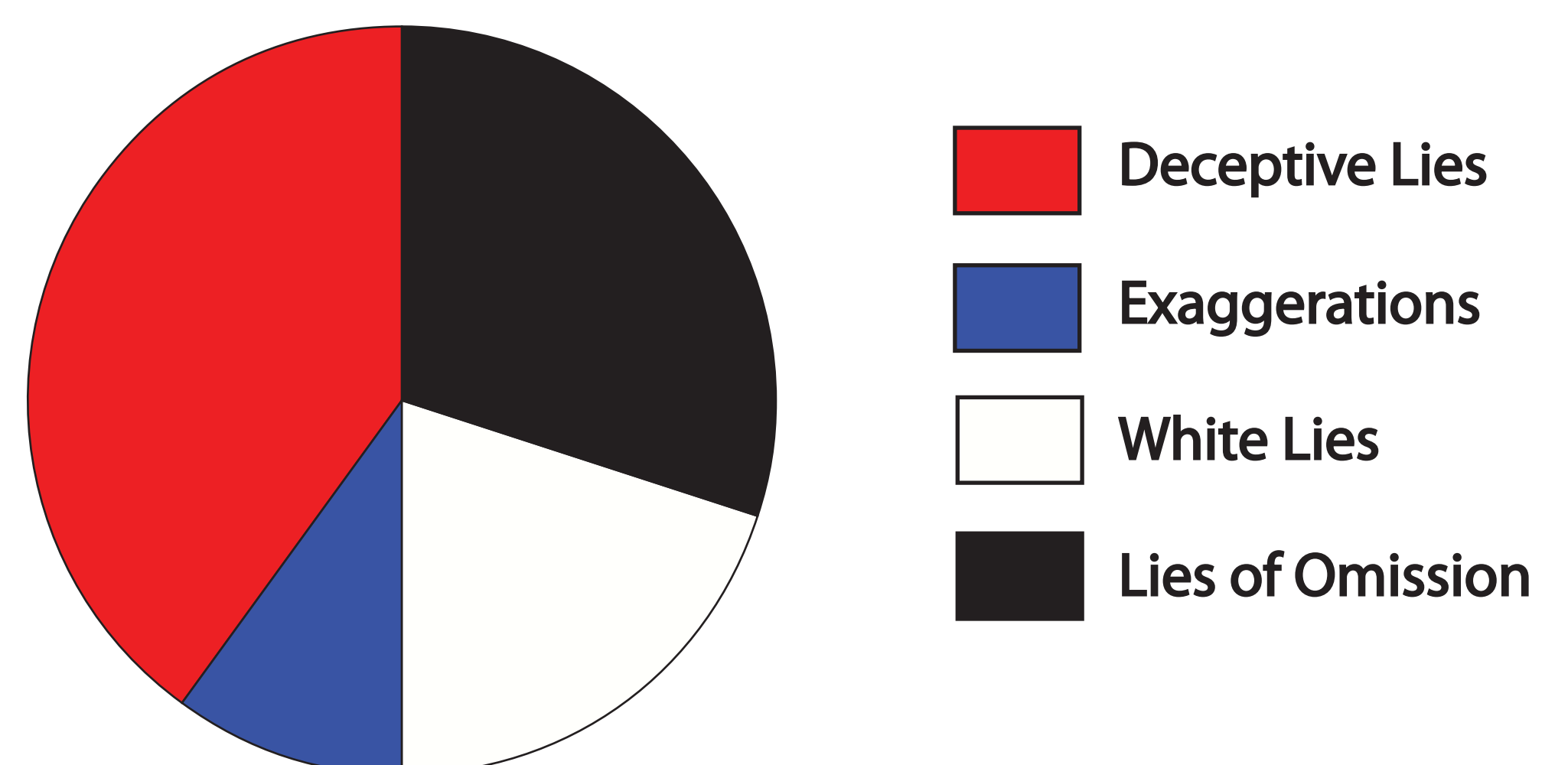
Lying activates the prefrontal cortex, requiring more mental effort than telling the truth. This is why liars often hesitate or over-explain.



Did you know?

Lying is a natural part of human behavior, and most people do it more often than they realize. Whether it's to avoid trouble, protect someone's feelings, or gain an advantage, deception is deeply woven into everyday life. But one thing is certain: **honesty** isn't always as common as we like to believe.

Types of lies people tell:



How often people lie by situation:

