

## Put your fibber-catching skills to the test

By Stevie Gallacher

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IT'S time to face the harsh truth — we're a nation of liars.

A new survey has revealed that Britons are adept at telling porkies, with a lie told every three waking hours.

In Scotland, Glaswegians are most economical with the truth, telling 4.4 fibs per day. Aberdonians, however, are among the most truthful in the UK — they lie roughly 3.4 times daily.

So with so many tall tales being spun, how can we believe what anyone is saying?

Patti Wood is a body language expert. Her university course was voted best in the USA by Time Magazine and she regularly analyses the behaviour of celebrities and politicians for TV.

Speaking to The Sunday Post, she explained that telling lies is relatively common behaviour.

"The three main reasons people lie is for smooth social interaction, have people like us, and to get away with things," says Patti.

"In fact, the number one white lie is 'There's nothing wrong with me... I'm fine'."

But how do you spot when someone is being deceitful? It's a complicated skill, but Patti has some tips.

"Someone lying might freeze in place for a moment while deciding what to say," she added.

"When trying to remember their story, they may point their feet toward the door, lean toward an exit, or tuck their feet under their chair, to show desire to flee from being found out.

"A good tip is to change to a neutral topic. They may relax or breathe out and or shift their posture in significant ways or exhibit 'post-interview relief' — an exaggerated exhale shows they feel all the hard questions are over."

Patti compiled a quiz for Sunday Post readers so you can test your ability to spot a liar — and tell if you're good at concealing the truth yourself.

# How to spot a LIAR!

## 1) When someone is a rehearsed liar rather than just nervous:

- They respond to questions quickly and give longer answers.
- They spend less time gesturing.

- They have longer pauses and shorter answers

## 2) You can tell most accurately when someone is lying by looking at:

- Facial expressions.
- The body.
- The eyes.

## 3) The best way to look honest with your body language is to:

- Be relaxed.
- Hold a steady posture without a lot of extra movement.
- Have your body language match whatever you are saying.

## 4) What is the best way to hold your hands to show truthfulness when speaking to a group of people?

- Loosely at your sides or with one hand in your pocket.
- Clasped loosely in front of you.
- Palms open.

## 5) You're in a job interview. Which of the following actions would make you look more honest?

- Leaning toward the interviewer.

- Leaning back, relaxed, with your hands behind your head.
- Wearing smart clothes sitting behind a desk.

## 6) What should you do with your mouth if you want to hide the truth?

- Hold it as still as possible.
- Maintain a slight, small smile.
- Try not to purse or lick your lips.

### Answers:

1. c. Liars have longer pauses, shorter answers and longer times between a question and a response than someone who is nervous.

2. b. Our faces and eyes hide the truth more easily than the rest of the body. However, the body, especially the lower portion, is under less conscious control.

3. c. Your body language needs to match what you're saying.

4. c. Keep your palms open. Rehearsed liars tend to keep their hands hidden and still.

5. a. Leaning toward the interviewer makes you appear open and interested. Liars tend to close the body to hide the truth.

6. c. Be careful of pursing or licking your lips. A smile is the most common facial expression to mask emotions.

### Scores:

0-2 — You don't like telling lies and you might be too trusting. Do you know the word glibble isn't in the dictionary?

3-5 — Oh, what a tangled web you weave... it's just sometimes you get caught up in it too.

6 — They can't pull the wool over your eyes. That's because you're already doing it to them.

■ Patti's new book is called SNAP Making the Most Of First Impressions, Body Language And Charisma, available on Amazon.



■ Douglas Henshall.

## Islands will get a boost on the box

By Bill Gibb

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SCOTS islands are enjoying a double TV boom.

BBC Scotland is currently filming two major series that are bringing a welcome economic boost.

And when the shows hit the screen, both are expected to lead to a surge in tourism.

Work started last Monday on a new six-part series of crime drama Shetland after the success of a pilot at the start of this year.

The series, based on the books of Ann Cleeves, have Douglas Henshall in the leading role with the first two-parter also starring Brian Cox.

Interiors are now being shot on new sets built at the BBC's Dumbarton studios.

But exterior scenes will be filmed, starting later this month, on the island.

Meanwhile, work is well under way on the Isle of Lewis on the eagerly anticipated Katie Morag.

Filming started in April and has several weeks to go.

The series is based on the hugely popular children's books by Scots author Mairi Hedderwick.

It stars eight-year-old Glasgow girl Cherry Campbell in the title role with the key parts of the two grannies taken by Ann Louise Ross and former Rab C Nesbitt and River City star Barbara Rafferty.

Key wedding scenes were shot at Dalmore beach earlier this week and Western Isles Council are anticipating an increase in visitors when it's shown later this year.

"We've already had some fantastic publicity through the recent Ewan McGregor Hebrides: Life On The Edge series," said a spokesman.

"And we're sure that we'll have lots of people also wanting to see the beautiful locations from Katie Morag."



■ Patti Wood — what is her body language telling you?

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