

BEHAVIOUR

It takes one to know one

If your partner was late for dinner and blamed a delayed train, could you tell if they were not telling the truth?

Chances are, you couldn't – it's been found that most of us are pretty bad at spotting a liar. So what makes someone a good lie-detector? It's not down to IQ or emotional intelligence (research has found that people high in the latter think they are better at spotting fibs/untruths than they really are).

No, it's about being a good liar yourself. Researchers gave people 20 seconds to give their real opinion or a false one to a group of strangers. People whose lies were harder to spot were often better at detecting others' lies.



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