



10 WAYS TO KNOW IF YOUR SPOUSE IS LYING

1. Looking away when speaking, or too much or too little eye contact.
2. Voice changing to a higher pitch or a more rapid speed.
3. Asking to hear a question repeated to formulate a false answer.
4. Hand gestures such as scratching or touching the chin, ear or nose.
5. Arms crossed.
6. Blush to the skin from increased blood pressure.
7. Enlarged pupils of the eyes.
8. Tightening of the skin around the eyes.
9. Shifting weight from foot to foot.
10. Over-sincerity or over-avoidance.