

IS SOMEONE YOU KNOW A PATHOLOGICAL LIAR?

Most of us have dealt with people who frequently, if not perpetually lie to us. People who lie constantly and often for no apparent reason, are known as Pathological liars. Although this title is not a traditional psychological diagnosis. They have an intense need for people to like them, but their lying keeps people at arms length. In a sense they are self-destructive because friends and family decide liars are more trouble than they are worth.

Some pathological liars are not content with merely telling a lie. They go a step further and live a lie. Sometimes even adopting a completely different identity and living it out as if it were truth. They may pose as physicians, lawyers etc. **The payoff is a boost to their self-esteem. Research shows that they are usually of average intelligence and have far higher than average verbal skills. They often work, are charming and do not easily show emotion or get upset.**

While lying, most people show “lying body language”: blinking eyes, stumbling over words, higher and faster voice, poor eye contact” **People who are habitual liars have refined their skills and show a more calm demeanor, very controlled and not quick to change affect.**

SIGNS TO WATCH FOR IN IDENTIFYING PATHOLOGICAL LIARS:

- 1. Brags about larger than life, fabricated schemes**
- 2. Constantly needs to borrow money**
- 3. Amused by cruelty**
- 4. Knows more intimate details about you than you know about theirs**
- 5. Difficult to confirm their stories**
- 6. Poor self-esteem which is often masked**
- 7. Attempt to control; difficult to get out of their sight**