

# Lies a Part of Human Nature

Everyone lies. In fact, research shows that in the average ten-minute conversation, two acquaintances will lie several times. The reason? The mixed messages everyone receives as children might be one reason. Although we are told never to lie, we see our parents lie about Santa Claus or the death of a pet. Parents say "thank you" when receiving a gift, even when it's unwanted.

Psychologist Paul Ekman explains that we lie for many reasons. For example, we lie to stay out of trouble, to feel better about ourselves, to receive a reward, to protect someone, or to control information. Everything from an exaggeration to a small lie falls into one of these categories.

A New Year's resolution can also be considered a lie, because we generally don't plan to keep the promise. We have only deceived ourselves. Or how about when a friend or colleague asks, "How are you?" That person doesn't want to hear that you're tired, overworked, or have other problems. We lie and say "I'm fine" because of social rules. Although lies are an important part of society, we can only catch a lie about fifty percent of the time. Some experts suggest that lies actually hold society together.

## Do you agree or disagree? Why?

1. Everyone lies.
2. Everyone lies every day.
3. It's impossible not to lie sometimes.
4. Lying is an important part of society.
5. I have told three or more lies today.

You can see the whole lesson from your teacher, please ask them to send it to you before the class.

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