

A hand holding a smartphone against a dark background. The phone is held horizontally, and the hand is visible from the side, with the thumb resting on the screen. The background is a dark, textured surface.

HOW TO
CATCH
a
LIAR
TEXTING

**How to Identify
Potential
Lies When
Texting**

STEVEN DAVID LAMPLEY

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INTRODUCTION

In my *How to Catch a Liar* seminars presented across the country, one of the frequent questions I get is, “Is it possible to tell if someone is lying in text messages.”

The answer is, “Yes.”

Of course, in text messages, one loses the ability to see physical reactions and other body language indicators and to hear tone and inflections one would see and hear when conversing face-to-face, but there are certain indicators one can use to indicate if they are being deceived while texting.

As with face-to-face conversations, a baseline will also be a necessity here as well. If you know the texting habits, you can better determine when a text is not normal for a person. Maybe someone always takes a long time to answer, maybe someone always tells you more than you ask. You need to know how someone normally texts so that you can tell if they are exhibiting the indicators of lying in their texts.

WHAT TO LOOK FOR

There are some indicators that you can use that may indicate that you, indeed, are being lied to while texting.

TAKING TOO LONG TO INITIATE AN ANSWER

One indicator is when someone takes too long to answer your text. This, however, could also be because of something happening on their end of the convo you cannot see. Maybe their phone rang, maybe someone else sent them a text, maybe they dropped their phone. Maybe they are under siege from a pterodactyl! Ever tried texting with a pterodactyl attacking?

REPEATING INFORMATION

Another potential indicator of lying while texting is repeating information. Someone replies to your question of “Did you go out last night?” with “With a friend, we're really good friends, she's my friend.”

QUALIFIED ANSWERS

Perhaps you get a return message that “qualifies” their answer. Like talking face-to-face, if you get something like “Actually,” “To be honest,” or some similar qualifying statement, you may have a lie.

TAKING A LONG TIME TO TYPE THE ANSWER

This is different from TAKING TOO LONG TO INITIATE AN ANSWER, which is where they don't immediately answer. With this indicator, they ARE answering, it's just taking them too long to finish their answer. An indicator of lying during texting is that you get a utility message on the screen that says “JOHN IS TYPING” indicating that the person is texting. If this message takes a lot longer than is really

When you meet someone new, you will typically hear two to three lies in the first ten minutes of the conversation with them.

necessary, that can indicate that they are trying to come up with a convincing answer to send to you. Perhaps they are typing and erasing frequently to come up with just the right convincing words.

NON-COMMITTAL ANSWERS

If someone is being noncommittal with their answer, that could indicate a lie. “I suppose,” “I may have,” “Possibly,” or similar replies are a potential for lying.

MORE FORMAL LANGUAGE

Do you have one of those friends who constantly replies with shortened words, bad grammar, and emoljis? If they suddenly shift to more formal English and noticeably fewer or no emoljis, watch out for a lie.

ANGER

Another indicator of lying during a text is the other party becoming angered in their message.

EXCUSES AND CUTTING OFF YOUR CONVERSATION

Someone gives you an excuse and cuts you off is yet another potential indicator you are being lied to during your text conversation. Say you ask, “You're late, where are you?” and you get something that sounds like “I'm not coming, I don't feel good and cannot talk right now” is a sign you are being lied to.

“BIG” INFORMATION

Too much detail is a BS indicator. If you ask a simple question and get a dissertation in return, beware of a lie afoot!

PERSONAL PRONOUN REMOVAL

If someone replies and the personal pronouns have been removed. For instance, instead of saying “I” or “We” went to the movie last night, the

More people
lie on the
telephone than by
any other means.

reply may say “The group went to the movie.” That's an attempt to remove himself from the action.

SUDDEN CHANGE OF SUBJECT

You're texting and suddenly the other person changes the subject, BS indicator!

Remember, catching someone while texting is a bit more difficult and being able to see the whole person in a synergistic fashion.

More lies are
told in the
month of
January than
in any other
month

HOW TO **CATCH** a **LIAR**

Want to learn how to catch a liar during conversations?

You can!

Steven presents the How to Catch a Liar Program to corporations, businesses, colleges and universities, and organizations! This program is also available for the public in seminars if your company or organization would like to sponsor the event! It can even be used as a fund raising program for your group or association.

You will learn to identify indicators such as Eye Shift, Pronoun Usage, Voice & Tone, "Big" Information, Clustering, Allusion & Evasion, Answer Pause, Aggression, Physical/Verbal Disconnect, Convincing vs Conveying, Timing, Global vs Individual Indicators, Offensive vs Defensive, Misconceptions, Use of Contractions, Pronoun Usage, Base Shift, and a WHOLE LOT MORE!

In the program, Steven discusses Misconceptions, Question Timing, Clustering, Psychopathic Personalities and other topics to help you pick out lies and the people who tell them.

How to Catch a Liar is not some stats-filled, stuffy, boring, rote, reading out of a book, monotone, classroom instruction, but a real world application of real principles and real techniques interspersed with humor and real world examples.

Contact us right now and let's see what we need to do to have Steven present How to Catch a Liar in your area!

www.StevenDavidLampley.com

Imagine the
advantage of
knowing when
someone is
lying to you!

ABOUT THE AUTHOR

Steven wasn't always a police officer. He was a banker and real estate appraiser before his police career. Giving up the corporate world, he applied to the Birmingham (Alabama) Police Department and was accepted to the police academy. Steven spent twenty-one years in a career as police officer and SVU detective. Steven was the arresting officer of The Clairemont Killer (serial killer) featured on America's Most Wanted® and case coverage on such television networks as Investigation Discovery™, The Discovery Channel™, FOX™, and TruTV™ as well as the New York Times™ and Los Angeles Times™.

Steven developed, implemented, and supervised a new Special Victim's Unit (SVU) criminal investigative sex crimes against children division. He was the arresting officer of a Fugitive from Justice on Canada's Most Wanted and worked closely with the FBI, DOJ United States Attorney's Office, United States Postal Inspector's Service, and Alabama Attorney General's office under Troy King (2006-2011).

He received two awards for Police Officer of the Year as well as numerous departmental and civilian commendations.

Steven now uses his experience as a speaker and trainer presenting *How to Catch a Liar* seminars (www.StevenDavidLampley.com) across the country to police academies, colleges and universities, corporations, businesses, organizations, and associations. Steven is also an author penning true crime books (all of Steven's books have five star ratings).

(www.Amazon.com/author/stevenlampley)

He also presents a speaking program entitled *Forensics 101: Forensics for the True Crime Fan*.

Steven is a regular guest on *Crime Stories with Nancy Grace* and is a contributor to various magazines including *Law Enforcement Today*.

As a radio show host, he can be heard each week as host of the acclaimed Crime & Forensics aired on KCAA in Los Angeles and on great radio stations across the country. Crime & Forensics can also be heard on Spotify, iTunes, iHeart Radio, Stitcher, Spreaker, and other media sources. (www.StevenDavidLampley.com/radio-show)

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