



The Three Principles

1. Attempt to determine what is normal for the subject.
2. Remember that the context is very important.
3. Timing – pay particular attention 0-6 seconds after a “hot” question.

Liar’s Triangle

Observe expressions and movement into the “Liar’s Triangle” – the area of the face from the eyebrows to the chin. This typically occurs right after the deception.

Eyes

Normal eye contact in our culture is 30-60% of the time. Pay attention to too much eye contact or not enough.



Eye Movement

<i>Upper left:</i>	Creative	<i>Upper right:</i>	Memory
<i>Lower right:</i>	Dialogue (Inner)	<i>Lower left:</i>	Emotion

Note: This is for a right-handed person. Reverse for a left-handed person.

Hands

Can you observe the person's hands? If not, the information they are providing may be deceptive.

Open hands are the universal sign of trust.

Feet

When communicating, having one or both feet off the ground is a sign of stress. When placed in the context of an interview, the source of the stress could be deception on the part of the subject.

Want to get better at separating fact from fiction? Check out Mike's book ["Uncover the Truth: Unlocking the skills of body language and statement analysis."](#)

To obtain this valuable training for your organization, contact us at experts@SafeHavenSecurityGroup.com.