

Tekst 8



Politicians, celebrities, royalty – everybody's at it. Telling great big porkies has never been so socially acceptable, says LUCI HOE

1 **D**ishonesty is reaching epidemic proportions – and not just in the House of Commons. These days, everyone's telling porkies. Just look at Victoria Beckham, who took to the stage at Birmingham's Party in the Park at the end of August sporting a new lip ring. "It's really painful," she whined to the assembled thousands; but it emerged later that the piercing wasn't real at all. It was a clip-on fake – and the fat-lipped teenage fans who had rushed out to copy their idol were not amused.

2 Posh's fibbing may not be malicious, but it is symptomatic of a wider malaise. A recent Gallup poll found that, on average, people in Britain tell up to 20 untruths every day, while another recent survey revealed that a whopping 96% of women say they lie when they feel they need to (and one has serious doubts about the honesty of the 4% who claimed they are never untruthful).

3 While many of these lies are what psychologists call "false positives", the kind of fibs that serve as harmless social lubricants ("Ooh, you look nice in that dress", "The meal was wonderful" and so on), there are growing numbers of people who lie excessively.

4 "Anyone under pressure or with a big enough incentive is prepared to say something that isn't true," says Professor Leonard Saxe, an expert in lie detection at Brandeis

University in America. And these days, such behaviour seems to be increasingly acceptable. A recent survey found that at least 1 in 10 Britons exaggerates their hectic lifestyle to give the impression that they are high achievers, while one third admits to lying on their CVs – leading the French press to label the Brits as liars and cheats.

5 40 "People start by exaggerating their accomplishments to boost their self-esteem or for a specific gain such as trying to get a job," says Professor Aldert Vrij, a social psychologist at the University of Plymouth. 45 "The trouble is that once they have laid those foundations, they can't stop and they layer lie on top of lie." And the better educated a person, the higher their level of deceit. "Education gives people the vocabulary and the confidence to deceive," says Professor Bella de Paulo, a social psychologist at the University of Virginia. "So their lies are more sophisticated and plausible than you might find elsewhere in society."

6 55 Trying to spot a liar isn't easy, even for experts. Vrij has found that experienced deceivers are so aware of the usual giveaway signs, such as shifty eyes, that they take calculated measures to avoid them. Sometimes, however, the subconscious takes over. American scientists reported this year that a liar's nose really does get bigger, something they called the Pinocchio effect. Although the subtle swelling can't easily be seen with the naked eye, it makes the nose so itchy that it triggers a bout of scratching. "When we lie, the heart pumps quicker, swelling the nasal tissues."

7 And if the thought of your nose swelling doesn't put you off, consider your health. Baring your soul, it seems, is better for you. "Lying eventually takes its toll in all but the most extreme and compulsive individuals," says Vrij. "Constantly having to keep one step ahead of the game in the job you got because you lied about your previous experience can be mentally and physically draining."

8 And not just for the liars themselves. As Patsy Kensit said of her marriage to Liam Gallagher: "A thief's going to rob you, a murderer's going to kill you, but you never know where you are with a liar."

'The Sunday Times'

■ Tekst 8 The lying game

- 1p **31** ■ What is the main idea of the first two paragraphs?
- A British women tend to lie more easily than British men.
 - B Lying is becoming very common in British society.
 - C People are likely to tell lies when answering questionnaires.
 - D Pop stars should be particularly careful about telling lies.
- 1p **32** ■ How could the sentence “A recent ... and cheats.” (lines 34-39) also begin?
- A By the way, a recent survey...
 - B For example, a recent survey...
 - C However, a recent survey...
 - D Moreover, a recent survey...
- 1p **33** ■ Which of the following can be concluded from paragraph 4?
- A According to Professor Leonard Saxe, all people are potential liars.
 - B In general, British people do not object to a lie that is told for a good reason.
 - C Keeping up appearances is more important to the British than to the French.
 - D The subject that people lie about most is their career.
- 2p **34** □ Geef voor elk van de onderstaande uitspraken aan of deze wel of niet juist is volgens alinea 5.
- 1 De belangrijkste oorzaak van liegen is een gebrek aan zelfvertrouwen.
 - 2 Wie eenmaal liegt, kan het vaak niet bij één leugen laten.
 - 3 Hoog opgeleide mensen liegen vaker dan laag opgeleide mensen.
 - 4 De leugens van hoog opgeleide mensen klinken gewoonlijk aannemelijker dan die van anderen.
- Noteer het nummer van elke uitspraak, gevolgd door ”wel” of ”niet”.
- ”Trying to spot a liar isn’t easy, even for experts.” (regels 55-56)
- 1p **35** □ Hoe kan een ervaren leugenaar zichzelf toch verraden volgens dit artikel?
- 1p **36** ■ What is the main point made in paragraph 7?
- A Frequent lying is likely to exhaust you in the long run.
 - B Lying at work is bound to be discovered sooner or later.
 - C Only the most cunning liars can get away with it.
 - D Telling lies can become addictive if it is successful.
- 1p **37** □ Wat wil de schrijfster duidelijk maken met de laatste alinea?