

Why do we lie? [Por que nós mentimos?]

Texto e áudio – Nível de dificuldade baixo/médio.

Vamos praticar?

Aqui você encontra um texto para praticar leitura e listening.

Abaixo do texto há um link do site Acapelabox para você praticar seu listening.

Why do we lie?

It's common for people to only say the parts of the truth that they feel that are acceptable or that they think people want to hear.

People lie to "paint a different picture of reality".

People lie in one in five of their daily interactions. A book says that people lie to us from 10 to 200 times a day.

It's important to consider: how honest is the world we created around ourselves? How often do we lie? Do we intimidate others in ways that can encourage them to hide the truth?

Parte inferior do formulário

Here are some examples of the many ways people lie:

- Omission;
- Exaggerations;
- Self-protection;
- Gossip;
- Confidential communication.

When the truth comes, it's important to think about if you want people to trust you.

What can you do to live in a more honest world?

This world may not be perfect, nor the truth is always easy to take, but you can find peace and freedom in the security of knowing that the world you created around you is as real as it is.

Adapted from: <http://www.psychologytoday.com/blog/compassion-matters/201309/why-we-lie-and-how-stop>

ÁUDIO: Copie o texto acima, cole na janela do Acapelabox que abrirá ao [clique aqui](#) e dê play para ouvir.