

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

Texto e áudio – Nível de dificuldade médio/alto.

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Why do we lie?

There's a scene in the movie "Something's Gotta Give" that simply captures one reality about the truth. After catching the man she loves on a date with another woman, Diane Keaton is chased out of the restaurant by a guilty and mad Jack Nicholson. When he finally stops her, he says, "I have never lied to you, I have always told you some version of the truth." She replies, "The truth doesn't have versions, okay?"

And that's the truth. The truth may have many sides. It may be complicated or hard to understand, but it exists in one version only. Yet, most of us have trouble with the truth. We may not be completely liars, but we certainly hide the truth to make it fit more comfortably into our lives to keep it from disrupting anything from our careers to our relationships or even our afternoons.

In one research, a Ph.D. found that people lie in one in five of their daily interactions. Pamela Meyer, author of the book Liespotting, says that we're lied from 10 to 200 times a day. It's important to consider: how honest is the world we've created around ourselves? How often do we ourselves tell lies? And yet, do we intimidate others in ways that might encourage them to hide the truth?

Parte inferior do formulário

It's common for people to only say the parts of the truth that they feel are acceptable or that they think people want to hear, leaving the full truth hidden away. They may lie by omission or tell "little white lies" that paint a very different picture of reality. It's no surprise that these lies don't just hurt relationships, they can definitely destroy them.

Even lies told in the name of protecting others can leave you feeling pretty bad about yourself, because you don't feel like an authentic, strong individual when you aren't being honest. Here are some examples of the many ways people lie and how these lies hurt them in all areas of their lives: lying by **omission, exaggerations, self-protection, gossip or confidential communication**

Afterwards, when the truth comes, it's important to think about if you want people to trust you. Do you value integrity and want your words to be reflected in your actions? If you commit to these attributes on a behavioral level, you'll be better able to gain trust and live your life with honest and open communication. 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've 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.