

# *THE RELATIONSHIP SURVIVAL GUIDEBOOK*

*Rapid Solutions For Urgent Relationship Concerns*

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***HOW TO SPOT WHEN YOUR PARTNER IS LYING***

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***HOW TO KNOW WHEN TO LEAVE A TROUBLED RELATIONSHIP***

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***HOW TO ELIMINATE JEALOUSY***

•

***THE SINGLE MOST IMPORTANT MOVE TO ATTRACT A  
HEALTHY NEW RELATIONSHIP INTO YOUR LIFE***

•

***THE ULTIMATE APHRODISIAC***

•

***HOW TO TELL DIFFICULT TRUTHS  
SO THAT PEOPLE THANK YOU AFTERWARDS***

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***GETTING TO COMMITMENT***

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***MORE!***

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## Welcome and Introduction

Welcome and thank you for joining us in this exploration of the real world of conscious relationships. We've had the pleasure of training more than a thousand coaches and therapists during our careers, as well as working directly with about thirty-five hundred couples so far. This experience has given us the most richly satisfying work we could possibly imagine. In addition, we've been blessed with well over twenty years of a magnificent marriage that has given us the proving-ground for everything we teach.

The material in this e-book is drawn from the front lines of real life. One of our colleagues joked that it contains the relationship equivalent of "What to do when the building's on fire," but in a way he's absolutely right. One of the best compliments we ever received came from a woman who said to us after a session, "Thank you for giving me such a clear, straight answer. It's what I really needed. I appreciate that you actually answered my question rather than doing the usual 'therapy-thing.'" The question she had asked was, "How can I tell when my husband is lying?" Her husband was a complicated, secretive fellow who had a history of betrayals and falsehoods. She had lived with this sort of thing so long that she had lost her instincts for whether he was running a con on her at any given time. Although she was now living apart from him, she still had to deal with him on a regular basis because of the children and a shared business.

Instead of doing the usual “therapy thing” of asking her how she felt about her husband’s lying, we decided to give her a ten-minute crash course in how to tell when people are lying. The information turned out to be of great use to other clients and to our trainees. We began to collect other urgent information, and now you have the collection before your eyes.

Everything in this book is here because it changed someone’s life. The material addresses major issues people bring to relationship coaching sessions. We hope that it will find a useful place in your life and work.

Gay Hendricks, Ph.D.

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# HOW TO SPOT WHEN YOUR PARTNER IS LYING

## Learning To Spot the Three Red Flags That Signal Concealment

From working with several thousand couples over three decades (as well as from our own marriage of twenty-plus years) we have developed strong opinions about the value of honesty in relationships. In a word, honesty is crucial. Crucial is derived from the same word that means *crux*. Honesty really is the crux of the matter in close relationships. The bottom line: Lying creates distance and conflict; honesty creates closeness and harmony. If there is any significant truth you haven't communicated to your primary partner, you forfeit the right to expect a good relationship with him or her until that truth is told. Most people don't realize this, so when things aren't going well in the relationship, they think the other person is the source of what's wrong, instead of looking for withheld truths on their own part.

At our lectures and seminars, people often ask: "How can I tell if my partner is lying?" Usually our response is, "Don't worry about your partner—put your attention on whether you're concealing any lies!"

However, there is a reliable way to find out if your partner is lying, and we will describe it for you as best we can. Understand, however, that the following techniques, while quite reliable, can never be regarded as an exact science. Like everything involving complex human behavior, there is considerable individual variation.

## Step One

First, make sure you really want to know the truth. These techniques work very quickly, so before using them you need to be sure you choose honesty over illusion. Some people prefer the state of “blissful ignorance,” while others prefer to know the truth even if it makes them uncomfortable. We definitely recommend the latter as a path to healthy, conscious living.

## Step Two

Think carefully about the exact question you want answered. Sex and money are the two subjects partners lie about most. In order to get at the truth, your question, regardless of the subject, needs to be specific. For example, don’t ask “Do you find Jane attractive?” if what you really want to know is “Have you had sex with Jane?”

## Step Three

Learn the Three Red Flags that signal concealment. Here’s what to look for:

### Red Flag #1: Body-Language Indicating Concealment

In the first few seconds after you ask your question, notice if your partner shows any of the following body-language.

- Face-Touching.

When you ask the question, does he/she suddenly touch the face or cover part of it? (Watch the tape of Bill Clinton saying he

didn't have sex with Monica—he reached up and touched his nose immediately after saying it.)

- Arm/Leg Shift.

Does the person suddenly change the position of his/her arms or legs? Two common reactions: Crossing arms over chest quickly, crossing one leg over another.

- Eye-Shift

When you ask the question, does he/she shift eyes away from contact or lock into a hard stare of excessively intense eye contact?

- Body-Turn

Does the person turn his/her body away from you slightly?

### Red Flag #2: Voice Mannerisms Indicating Concealment

When you ask a question that exposes a lie, your partner's voice will often give clues to the real truth. Listen for these reactions in the first few seconds after you ask the question:

- Pitch-Shift

Does the person's voice suddenly go up or down in pitch?

- Speed-Shift

Does he/she suddenly begin speaking faster?

- Hems and Haws

Does the person cough, clear throat or fumble around vocally with a sudden increase in "er," "um" and "uh?"

### Red Flag #3: Attitude Reactions Indicating Concealment

Instead of answering a question with the simple truth (Imagine Bill Clinton saying, "Yes, indeed, I had sex with that woman,") your partner may defensively avoid the question with a sudden display of

attitude. Watch for these reactions in the first few seconds after asking a question:

- Hostility

Does he/she react with hostility? (For example, you ask “Have you had sex with Pat?” and your partner responds with “Why the hell would you ask a thing like that?” instead of a simple yes or no.)

- Indignation

Does he/she react with indignation? (You ask “Have you had sex with Pat?” Your partner responds with “I’m offended that you could even think such a thought!”)

- Turnaround

Does he/she respond to your question with a question instead of an answer? (You: “Have you got any bank accounts I don’t know about?” Your mate: “Why are you asking something like that right now?”)

#### Step Four

Before asking The Big Question, get a baseline by noticing if your partner shows any Red Flags when you ask innocuous questions. Ask a simple Yes-or-No question your partner is not likely to lie about: “Do you want eggs this morning?” or “Do you know when the soccer game is this week?” Watch the reaction carefully. You probably won’t see any Red Flags in response to an innocuous question, but you need to get a baseline to find out if your mate does any of the Red Flags under normal, non-lying circumstances.

## Step Five

Pop the crucial question and watch the reactions. (Be mindful of timing, though. Don't do any of this while either of you are driving or operating equipment of any kind. If you have children, make sure you ask the question when they're not likely to be influenced by any heated words that might ensue.)

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