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Why Do People Lie?

One thing that everyone has done at least once in their life is tell a lie. People will lie in any situation, whether it is a big deal or not. I often question why others, along with myself, will lie even in the least significant conversations. I have come to realize that some of the reasons that people lie are due to fear of disappointment, the buildup of previous lies, and wanting their lies to become a reality.

The most common reason that people lie is because they fear disappointment. Personally, I have not been honest with people due to this reason and have had others do the same to me. In the real world, we want to be accepted by the people around us. According to David J. Ley, “They want you to like them, be impressed, and value them.” When we do something that we think someone else will not like, the main thing we can think to do is cover it up and pretend like it did not happen. If asked or confronted about it, people continue to sweep it under the rug and deny it. They will also lie to impress you by saying they did something when they did not. People fear that disappointment because they do not want to be rejected or shamed by who they’re closest to.

Another reason that people lie is because the lies that they previously told get built-up over time. A lot of people will tell a small lie about something that seems unimportant. Later on, that lie is brought back up again, but this time with something to add on to it. To keep that lie in place and not expose themselves about it, people have to build on to it again. Over time, we get caught up in it and eventually begin lying to someone about our whole life. When this happens, we do not want to admit anything because if we do, others realize that they have a reason to not trust you.

Lastly, a reason that people tell lies is because they want their lies to be true. Most people in our society today have a lot of personal problems. Some of us have come to accept them, while others desperately want them to change, even though they might not even be in that person’s control. Those others will tell themselves things that they know are not true and will even tell the people around them. They do this in hopes of changing those lies into a reality. Not only are these lies unhealthy for the relationship with the person hearing them, but also for the one who is lying to themselves and genuinely thinking it will happen. When we lie to ourselves, we create these unrealistic ideas when we should be making changes to live our best life.

Even though I have come to realize some of the reasons why people might lie, I still find it hard to understand why some of us have to fear being honest with our friends and the ones we trust the most. I believe that the issue not only lies with the people who choose to tell the lie, but also with the people we surround ourselves with. Lying is a big problem in our world today, but a problem that could possibly be solved by initially being honest with ourselves and having positive, supportive people in our lives.