Don’t Deny It

Are you aware that every person in the world has one trait in common? We are all liars. Although we live our lives trying to prove this accusation to be false, we will never be successful. There is a plethora of reasons why we lie, but they all lead back to a few root causes. Embarrassment, fear, and anger are the emotions that are able to crawl under our skin and nestle comfortably like nothing else can. These emotions are able to consume us and transform us into the worst version of ourselves. Lying is a trait that we will never be able to flee from because we convince ourselves daily that it is necessary and even acceptable depending on the circumstances we come into contact with. Therefore, as long as we have emotions, we will be the exact definition of the word we hate: liars.

Firstly, everyone undergoes the dreadful feeling of embarrassment and the need to extinguish it whenever possible. As a result, the majority of people tend to deny embarrassing stories of the past, or tweak them dramatically so that the entire truth is not revealed. This is because embarrassment is difficult for humans to face graciously. We are unconsciously always trying to create a pristine image of ourselves to appease the harsh judgments of the world around us. Therefore, we resort to lying about embarrassing facts and stories about ourselves to preserve our dignity. There are very few things that can create a pathological liar better than embarrassment itself. In fact, the only two that come to mind are fear and anger.
Secondly, we let our fears affect our honesty by clouding our judgment. When put into a scary situation, sometimes lying seems like our only escape. When we are too afraid to let someone know how we feel about them, we may lie and tell them the opposite feeling to protect ourselves from pain or rejection. We may also lie when we feel threatened by someone. Why? Because if we are scared it means that we are already in a bad situation and our instincts urge us to get out of it. At that point, we will do or say just about anything to get the situation in a stable condition so that we may feel at ease once again. Fear causes our body to go on high alert, but the brain always seems to pull a quick “white lie” to the surface to help us out. Next, before we are even aware, we have already delivered the lie so skillfully that the situation has improved and the presence of fear is only a vague memory.

Thirdly, lying is always accompanied with the hot headed emotion known as anger. Everyone has said something they did not mean when they were in a passionate moment of rage. This is because you wanted to make your target feel bad, and the more insulted they became, the better that you felt. Anger is one of the strongest things that can overwhelm a person, and since emotions control your honesty, the relation between the two is inevitable. I once told my friend that I hated her when she had betrayed me. Of course I didn’t actually hate her, but the anger I possessed made me so livid that it drove me to make the dishonest comment. Once my thoughts were as clear and I could think logically again, I realized my mistake and mended my friendship. The power that anger has on you makes it so easy to throw out lie after lie in a timid moment and not have a single ounce of remorse. After all, who can fight the urge to throw in a witty insult to their opponent, even if it isn’t true? (Not me.)

In conclusion, one hundred percent of the population consists of liars. No matter how much we would love to claim perfection and honesty, we will always fall short. As long as there
are still parents telling all our embarrassing secrets, someone striking fear in our hearts by calling us out for something we’ve done, or a pesky friend making us angry with their unexpected betrayal, we will continue to lie. Our emotions create a monster that lives within us, that is constantly trying to gnaw its way to the surface. The most that we can do is strive to be the best version of ourselves that is possible. I’m sure that if we work hard enough, one day, we will all quit lying and be completely honest with each other (Just kidding, that was only a lie.)