

Why Men Lie and How to Make Him Tell You The Truth Every Single Time

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You know that men sometimes lie. If you've ever been involved with a man, then you know very well that men can lie. Heck, women can lie, too! It's not meant as criticism, just a simple fact. It's never a fair thing to lie, but you have to understand that sometimes, men have certain reasons behind why they lie, and some of these reasons are reasonable.

No one likes being lied to, but what if I were to tell you that sometimes women do, or say things that force a man to lie? Sounds strange right? You might be wondering, how you can force him to lie when all you do is ask for the truth?

The reality is that a man will lie, and often the reason why he does, is because he thinks the woman in his life just doesn't understand. This is why, it's really important that you properly understand, the main reasons behind why men lie to you. Unless you understand why they lie, you'll always find yourself confused and unable to take steps that will inspire honesty.

This might sound bad, but you could be doing or saying things right now, which might be forcing your man to lie to you and he thinks, that he is doing the right thing!

Here Are The Four Main Reasons Why Men Lie...

Reason 1 - He Feels That You Won't Understand Him Or His Situation

When a man fears that he might be misunderstood, or worse, not understood at all, he feels the need to lie. When he fears that you might not see things the way he sees them, he thinks lying is the best option. He will do this whether he's just met you or has been married to you for decades. In fact, he may do it more the longer he's known you, simply from the fact that he knows what things will bother you and what won't.

He doesn't want to get into a situation, where he has to convince you or make you understand. When he thinks that you won't "GET IT," he lies.

Reason 2- He fears that you will judge him

This is the primary reason why men lie all the time. As humans we don't want to be judged, we don't want someone to place a negative tag on what we did or how we did it. When he knows that you won't see things the way he sees them and will judge him for it, he will lie.

Reason 3- He wants to avoid confrontation

Men don't deal well with emotionally charged situations. They will do anything to avoid an emotional argument or confrontation with an angry or teary-eyed woman. As a result they lie to avoid a disagreement.

Here is a good example of such a case...

Woman – *Hon. Did you remember to pick up my dress from the dry cleaners today like I asked? I really need that for my presentation tomorrow.*

Man – *Ummm... Sure I did, sweetheart. But I forgot and let it at the office. I'll bring it right to you in the morning, I promise! Better yet, why don't you go buy yourself a new one tonight?*

So lying seemed like a better option instead of directly saying that he forgot. Men feel that a little white lie is far better than the heavy emotional overload an argument will bring.

Reason 4- He doesn't think you can handle the truth

This is the biggest reason why men lie to you, and sometimes for the right reasons as well. There are times they know that certain things or issues are not things you might be able to handle; things like his past relationships or his sexual history.

He's your husband, boyfriend, or whatever, right? Unless he's got an ongoing STD, who cares about the time he and his ex-girlfriend 'did it' on the beach in the middle of the night. Or, do you really want to know that a certain ex-girlfriend had a certain technique that made him feel just 'oh! Sooooo good!' I don't think so.

So men lie when any one of the above mentioned reasons is triggered. After a while it becomes second nature. The more he lies, the more he feels the need to lie. It's a pattern that grows with time. Believe it or not, though, he's probably not any happier about it than you are.

Now let me get to the useful stuff. Are you aware that, as a woman, you hold the power to inspire honesty in him at will? There are things you can do right now which will naturally inspire him to lie less and be more truthful to you. All this happens when you create an environment which naturally inspires honesty in him.

Here are the steps you need to take in order to make him be more honest...

Step 1- Display unconditional understanding

We all want to be understood. We all want someone else to understand or empathize with what we've been through, see our situation, hear our side of the story. Your man wants your understanding, too.

And once he gets a green light of acceptance from your end, he will open up like never before about things and will be more honest with you. He'll know he can really trust you with his 'Secrets'.

How to do this? You can do this by saying things like...

- *I understand that it must be hard for you...*
- *It's okay if you don't wish to tell me everything but I need you to know that I understand...*
- *I don't want to push you into saying anything you don't want to, please know that I understand that it's hard for you...*

This will make him lower his defenses and, baby, watch out for the flood. Once you have done this step, it's time to move on to step 2...

Step 2- Show him that you won't judge him

Since being judged is one of his biggest fears, he needs to know that you aren't going to judge him. He needs to know that you will be more understanding if he decides to tell you the truth. So it's important to practice being non-judgmental as much as possible around him.

You can achieve this by saying things like...

- *Honey! You can tell me anything, I won't judge you. (careful about that one, it can sound false)*
- *It's okay, I am not here to judge you.*

- *Don't worry! I won't hold anything against you.*
- *It's okay, you can tell me about "xyz," I won't judge you. I understand that nobody's perfect, and I'm here for you.*

Now that you know that you have to show unconditional understanding, and practice being non-judgmental, let's move on to step number 3.

Step 3 - Show him that you can handle it...

It's very important that you are careful with this step because it's possible that he may tell you something that you absolutely disagree with or might even freak out over. You must absolutely assure him that you can handle it and be okay with it.

You can do this by saying things like ...

- *It's okay! You can tell me anything. I can handle it.*
- *I understand that you have a past and I need you to know that I can handle it. You can tell me anything.*

Alright! Now that you are aware of the 3 important steps to inspire honesty within him & know what to do here are some **best practices** you must follow to get the best out of these steps...

1- Try to see things from his side

Try to imagine the world from his point of view and try to go through the feelings or thought processes he must be going through regarding a certain subject or topic. When you start trying

to see things from his point of view, you'll automatically judge less and understand more. This will inspire him to trust you and tell you the truth.

2- Practice accepting him with his flaws

It's important to understand that he is a human being too and can't be perfect. It's important to judge him less for his flaws if you want him to be more honest with you. Therefore make it a habit to accept his flaws. It's important to let go of the past and forgive him for any hurtful things he might have done to you. Focus on the present.

3 -Re-assure him that he doesn't need to lie to you

Keep reminding him from time to time that you aren't going to judge him and will be more understanding. Let him know that he has no reason to lie to you and can tell you anything he pleases without fearing that you will confront him over it.

So whenever you feel that he is probably keeping things to himself, let him know that it's okay for him to open up as you won't judge him. The best way to do that is to state your acceptance and understanding, but don't push it either. Give him some space that allows him to see you're unconditional love, and he'll get there.

Alright, now let's review what we've learned so far. You know that men lie because they fear being judged, want to avoid confrontation and don't think you'd be able to handle the truth. In order to make him more honest, you have to help him get rid of these fears by being more understanding, judging less and by showing him that you'll be able to handle whatever he throws your way.

Now let me discuss some obstacles you might encounter when you try to put these steps into action...

Obstacle 1 - The truth hurts

The truth can hurt...There are some things he will tell you that you might not be able to handle at all. So it's really important to get yourself in a position where you are emotionally strong enough to handle whatever comes your way. If you don't think you can, then it's not the right time to know the truth and it might only hurt you further. In that case, it's best not to ask.

Obstacle 2 - The truth is shocking

The truth can be shocking. Again don't ask him about intimate things from his past. He could very well tell you things which will just shock you and you could even have one of those - *"I didn't think you'd do this/that" moment or "I never expected this from you"* moments. So again, you have to first bring yourself to a position where you know you'd be able to handle whatever he throws your way.

Other than these obstacles you have to remember; he's only human and, as such, comes well-equipped with all the standard flaws humans come with.

And at this point I need to point out that often times women ask questions that force a man to lie to them...Questions like -

Honey! Do I look fat in this?

Well if you know that you are a bit overweight or have gained some weight over the last few months, asking him this will most definitely make him lie to you. The last thing he wants is for you to get mad just because he tells you that you have gained a few pounds here and there.

Besides, if he says, ‘No, hon, you look great!’ and you know you don’t - that won’t help. If he says, ‘Yes, it does - just a little.’ You’ll be angry about that, too. This is not one of those questions anyone can answer without causing hurt.

You already know that a man will lie to you in order to avoid confrontation. If you’re asking him such questions, you’re only training him to lie more. And this will only build walls between you, instead of bringing you two closer to each other.

How will this report change your life?

I can almost guarantee that you’ll be surprised with the results you’ll see the moment you put these steps into action. The very man who was lying to you so far will magically start being more honest and will naturally want to tell you the truth most of the time if not all the time. You’ll be back to being his very best friend, as well as lover, and nothing beats that.