

to do anything...

PRO

QUIZZES

EDIT

EXPLORE

LOG IN

RANDOM

wikiHow is where trusted research and expert knowledge come together. Learn why people **trust wikiHow**

LANGUAGE NUANCES » LIES AND FABRICATION

About This Article

How to Recognize and React to Duper's Delight

Spot lies like a pro

Download Article

Author Info

Last Updated: December 12, 2023

References

What is duper's delight? | **Signs of Duper's Delight** | **What to Do When You See Duper's Delight**

If you've ever felt a spark of joy when a lie of yours went unnoticed, that was duper's delight. Duper's delight, or duping delight, is the experience of getting a little kick of dopamine when you get away with something scott free. While it's often experienced when the deceiver feels no one has gotten hurt, it's an emotion that can lead people to tell bigger and bigger lies. If you think you or someone you're interacting with is experiencing duper's delight, read this article to learn the signs and appropriate responses to the phenomenon. Put your Sherlock Holmes' hats on and let's get **lie detecting**.

ADVERTISEMENT

Things You Should Know

- Duper's delight is the joy someone experiences after they get away with a lie.
- Signs of duper's delight are flashes of inappropriate smiles, crinkled eyes, and lip biting.
- The best way to deal with duper's delight is to recognize it, encourage the truth, and disengage from the person if you keep seeing it.

What is duper's delight?

Download Article



Duper's delight is the pleasure someone takes in getting away with a lie.

While lying is often associated with guilt and fear of being caught, there's another reaction, "duper's delight", that can be triggered when a lie is believed.^[1] It's the pleasure of getting an extra treat out of the cookie jar when no one's watching.

- The feeling comes from the same hit of dopamine the brain gets when something goes your way.
- "Duper's delight" is often used to refer to involuntary microexpressions, or split second facial expressions that can't be controlled and are thought to "leak" the true feelings of the liar.^[2]
 - The microexpressions associated with duper's delight are curling and biting your lips, crinkling your eyes, and tossing back your head.
- Duper's delight can be felt by anyone. One 1996 study found that 1/5 of people's interactions included some amount of deception.^[3] It's a world of liars, but not a world of bad people. Duper's delight is commonly felt when no one has been harmed by the lie, but that's what makes it dangerous. The little "high" that you feel can cause you to lie more and more often.

ADVERTISEMENT

Signs of Duper's Delight

 [Download Article](#)

Quizzes



Am I a Narcissist or an Empath Quiz

[Take Quiz](#)



Does He Like Me Quiz

[Take Quiz](#)



What Is My Aesthetic Quiz

[Take Quiz](#)



Am I Gay Quiz

[Take Quiz](#)



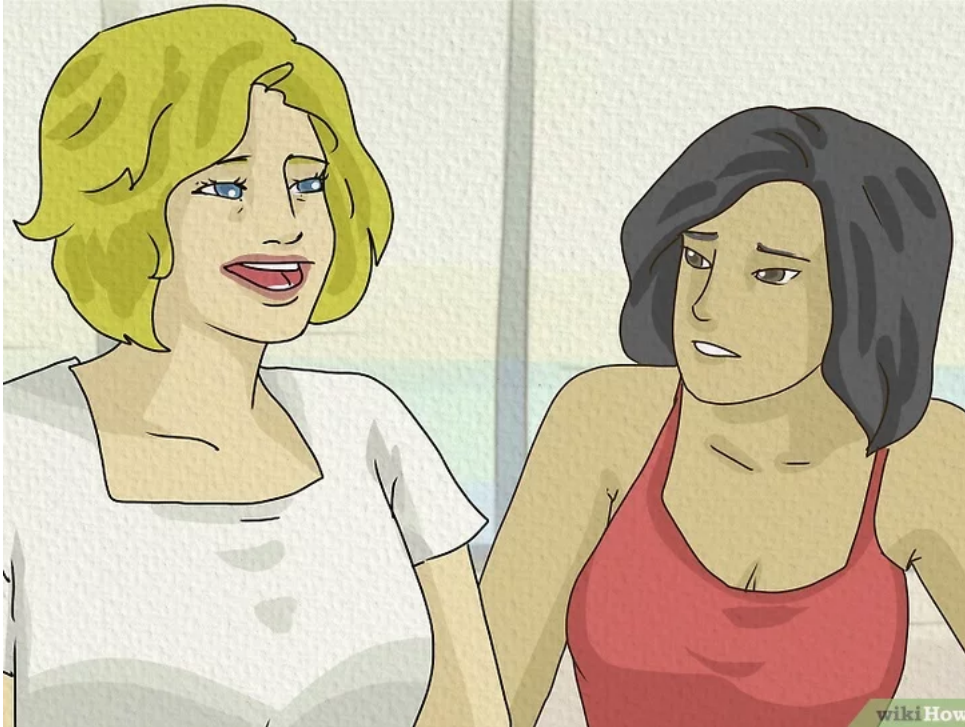
Why Can't I Sleep Quiz

[Take Quiz](#)



Zodiac Compatibility Quiz

[Take Quiz](#)

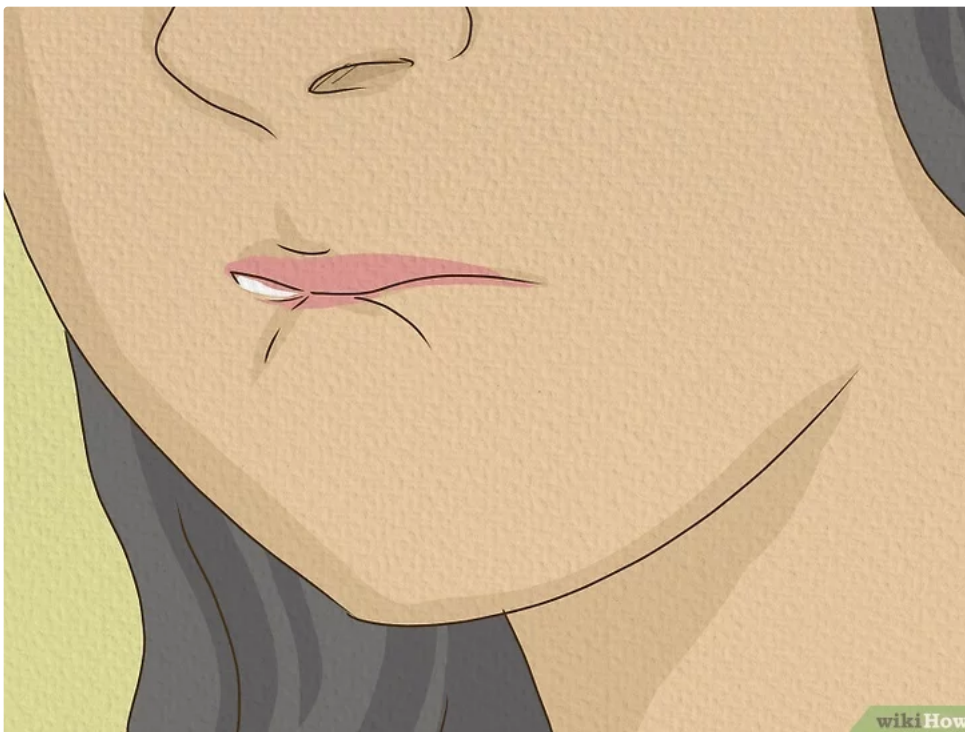


Smiling inappropriately

This is the number one sign of a deceiver's delight. If someone knows they're getting away with a substantial lie, they may smile as they're telling it, or after the lie has been accepted as truth.

- This is famously seen in an interview with Diane Downs while she lies about the deaths of her children (who she killed). After she claims to be haunted by the experience, she smiles.^[4]

ADVERTISEMENT

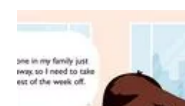


Lip biting

If a gleeful deceiver can feel the corners of their lips turning up, they may try to shut the smile down by biting their lips. Facial "neutralizing" is a common practice while lying, since the body acts before the conscious mind can get in control of it.^[5] The result is a facial expression that gets shut down right after it starts.

- Another sign of facial neutralization would be if someone's eyes crinkle before their face relaxes again.

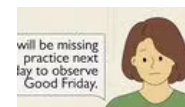
You Might Also Like



12 Family Emergency Excuses for When You Need Time Off



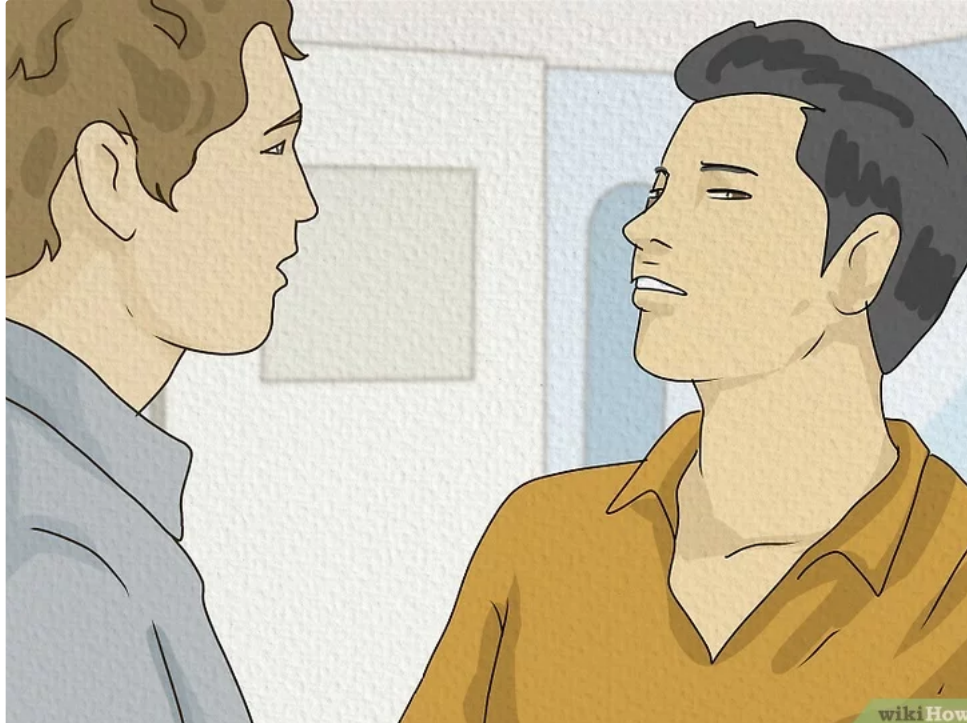
How to Manipulate People



14 Valid Excuses to Miss Practice (Plus, What to Text Your Coach)



How to Pass a Polygraph Test



Throwing back the head

Just like uncontrollable smiling, throwing back the head can mean that you're filled with glee.^[6] It's another gesture that's difficult to control and can "leak" through when experiencing duper's delight.



Mismatched body language

The excitement in getting away with a lie can sometimes conflict with the situation around the lie itself. Watch for people shaking their head "no" when they say yes to things, shrugging their shoulders after saying a definitive statement, or tensing up when they say they're happy or relaxed.^[7]

- For example, if you're buying a house and the realtor says "It's in fantastic condition" and then shrugs, they may be trying to pull one over on you.
- When presidential candidate John Edwards was being interviewed about a child he denied fathering out of wedlock, the interviewer asked him if he'd be willing to take a paternity test. Edwards says "[I'd be] happy to take a paternity test" while shaking his head no.^[8]

- Reading body language is often considered a pseudoscience, but can be helpful for navigating some interactions.

What to Do When You See Duper's Delight

 Download Article



Keep in mind that signs and body language can't confirm someone's lying.

As much as people's faces betray how they feel, there's no definitive way to tell that someone is lying or experiencing duper's delight.^[9] Different people have different facial expressions and ticks, and a runaway smile or air of nervousness in one situation could actually be in reference to another.

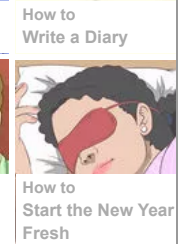
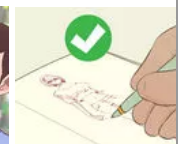
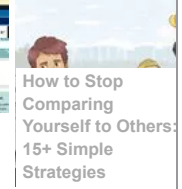
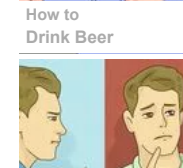
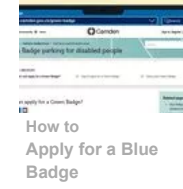
- If you're catching someone as they're running out the door to a fun event, their joy could bleed into your more serious conversation.

ADVERTISEMENT



Respond non-defensively.

Featured Articles



When you're trying to get someone to be honest, it's not a good idea to just call them a liar. If you strongly think something happened differently than a person has told you, calmly tell them what you believe and ask them if they can help you make sense of the discrepancy.^[10]

- For example, if you're asking a colleague about who broke the office coffee maker and they say "Jeff did it", you can respond with "I heard Jeff doesn't drink coffee. Is there a reason you think he did it?"



Ask followup questions to get to the truth.

When someone is lying, the truth still exists within them. You're likely to get more honest information if you ask non confrontational questions about the event. If you're in a formal setting, questions like "Do you have anything else to tell me?" and "Do you have any words of wisdom for me?" can help coax people towards the truth.^[11]

- Repeating the person's answers back to them can also incite them to offer up more information.
- Your response has to be based in truth, of course.



Trending Articles



What Taylor Swift Song Am I Quiz



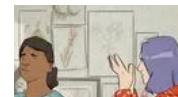
How to Meet the Parents



14 Simple & Effective Ways to Stop Procrastinating



What Is My Moon Sign Quiz



A Guide to Narcissistic Projection and How to Deal With It



How to Find Your Own Singing Voice

Look for patterns of lies in the person's life.

If you're interacting with someone regularly who you see duper's delight in, take note of other signs of lying. People who lie compulsively often have failed relationships, broken promises, and late assignments littered around them.^[12]

- Think about other interactions you've had with this person. Have they not held up their end of group projects, routinely canceled appointments, or run through many partners in your time knowing them? These are all signs they may have a problem with lying.
- Take into account the interactions they've had with other people, too. If another one of your colleagues refuses to work with this person (or has talked about anything above) that's another good sign that this person may not be trustworthy.



Walk away.

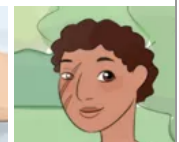
If someone is routinely taking pleasure in deceiving you, even if the deceptions are small, the best thing you can do is to disengage from the situation. Lies only have power when they're believed, so to neutralize duper's delight, don't interact with the lies you feel you're being told.^[13]

- Walking away can look like anything from cutting someone off entirely to dialing back a relationship to a strictly professional level.

Featured Articles



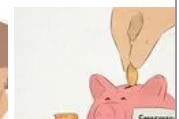
How to
Live A Happy Life



How to
Forgive



How to
Improve
Motivation



How to
Budget Your
Money



How to
Start the New Year
Fresh



How to
Accept Your Body



Consider the negative consequences of lying if you experience duper's delight.

If you experience duper's delight yourself, keep in mind that duper's guilt is just as prevalent and powerful. It doesn't make you a bad person, but it can reinforce bad behavior. When you recognize it in yourself, take it as a sign to **start being more honest**.

- A 2023 study found that after lying to someone, even if you've experienced that brief dopamine hit, you're likely to feel regret and guilt.^[14]

Expert Q&A

Ask a Question

What is your question?

Submit

ADVERTISEMENT

Tips

Submit a Tip

All tip submissions are carefully reviewed before being published

Your tip here

Submit

You Might Also Like



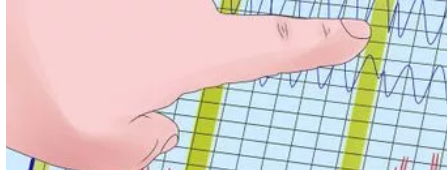
12 Family Emergency Excuses for When You Need Time Off



How to Manipulate People



14 Valid Excuses to Miss Practice (Plus, What to Text Your Coach)



How to Pass a Polygraph Test



22 Common Signs that Someone Might Be Lying to You



How to Lie



How to
Detect Lies



How to
Tell a Lie Without Being Caught



How to
Deal With a Liar



How to
Stop Lying



How to
Tell Someone You Lied



How to
Pretend to Be Happy



How to
Catch Someone Lying



How to
Tell when Your Friend Is Lying

References

1. ↑ <https://www.paulekman.com/blog/duping-delight/>
2. ↑ <https://www.paulekman.com/resources/micro-expressions/>
3. ↑ <https://www.psychologytoday.com/us/articles/199705/the-truth-about-lying>
4. ↑ https://youtu.be/P_6vDLq64gE?t=951
5. ↑ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8217652/>
6. ↑ <https://naomedical.com/info/baby-throws-head-back-when-happy.html>
7. ↑ <https://www.paulekman.com/deception/deception-detection/>
8. ↑ https://youtu.be/P_6vDLq64gE?t=742
9. ↑ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8217652/>

More References (5)

About This Article

wikiHow is a “wiki,” similar to Wikipedia, which means that many of our articles are co-written by multiple authors. To create this article, volunteer authors worked to edit and improve it over time. This article has been viewed 7,692 times.

1 votes - 0%

Co-authors: 4
Updated: **December 12, 2023**
Views: **7,692**

Categories: [Lies and Fabrication](#)

[Print](#) | [Send fan mail to authors](#)

Thanks to all authors for creating a page that has been read 7,692 times.

ADVERTISEMENT

Did this article help you?

Yes

No

Join us in our mission

For over a decade, we've been on a mission: to help everyone in the world learn how to do anything. Today, we're asking that you join us. Any amount that you can contribute helps us to continue providing readers like you with trusted, accurate and up-to-date information. **Please consider supporting our continued work with a contribution to wikiHow.**

Let's do this!

