Twitter Thread by Atlas

Atlas
@DentesLeo

How to detect and call out Bullsh*t on the spot.

A complete guide.



Have you ever dreamed of knowing if the person in front of you was bluffing?

The word "bluff" immediately brings poker to mind.

It is one of the most interesting applications of bluffing.

That's what makes this game so exciting from a psychological point of view.

I will use poker as an illustration throughout this thread.

But it doesn't matter if you don't play it.

What I'm about to show you can be applied to many other situations.

Let's get to it.

In poker, once you understand the rules of the game and start to have some experience, you try to bluff and unmask the bluff.

Only, people do it badly:

They observe the gaze of other players, we observe their fingers, they observe the slightest blink of the eyes….

They then draw hasty and wrong conclusions.

Why do people do this?

Because the TV and the psycho-morbid books explain it that way.

However, that's is a very bad way to go.

You will never unmask a bluffer by focusing on ONE facial expression or on ONE knock, this is a preconceived idea of ■■cinema.

In fact, what does “bluff” mean?

It is about covering up your beliefs by acting contrary to the attitude you want to hide.

A poker player who has a very good hand and is bluffing will play the attitude of a player disgusted with having bad cards, and vice versa.

But here it is: the average player, if he is not trained to bluff, does not control himself.

The basic bluffer tends to exaggerate his character, which discredits him very easily.

Will an honest player with a very good hand rush confidently onto the board?

Will he bet big by appearing sure of himself?

Of course not.

This attitude is typically that of the bluffer.

In fact, a player who shows overconfidence is very bluffing.
certainly.

By exploiting this theory, you will unmask the bluff easily, much more easily than by observing the squinting or whatever.

Notice the way the players try to appear: a person who bluffs will often always do too much.

This way of thinking will be indebted to you in a large number of situations.

For example, when you are trying to unmask a liar.

By definition, a liar is bluffing.

A liar tries to get as far as possible from his lie.

In this case, he will play a character.

Usually, when you confront the liar with his lie, he is playing surprise. " Is that so ?? Did someone steal your bag ?? !!! "

Only here it is: observe surprise in a liar and surprise in an honest person.

The honest person will naturally make the surprised features disappear from their face after about two seconds.

At the end of these two seconds, the features of her face, her eyebrows and her mouth will reposition themselves naturally.

The bluffer, he will exaggerate his facial expressions, believing to do well.

To better realize this:

Make up a benign lie, tell it to a loved one
just to surprise them, then watch their face.

You will notice that the expression of surprise will disappear from his face after a second or two.

Today's exercise is to create a surprising little lie to observe surprise in your interlocutors.

Try to lie like this to five people during the day.

You can, as soon as someone is done exercising, say, "No, just kidding" ".

There are plenty of surprising little stories you can invent from scratch:

"I won $ 300 on a scratch game this morning! ".

" I found an iPad in my garden when I got up ", and

" I ran into [name of a famous star] on my way to work earlier ".

You learn to detect bluff by being confronted with people's emotions.

If you manage to photograph several faces of truly surprised people, the bluffers who lie to you will no longer be able to trap

you afterwards.

This thread is but a foretaste of what you can find on SSU.

Join us.

https://t.co/6ET1athKuO