

Relationship Advice: 5 Ways to Know Your Partner is Lying to You



By Molly Jacob

Maybe you don't like the chicken carbonara your spouse makes, or maybe your hubby could stand to lose a few pounds if he wants to wear his college sweatshirt in public. There are certain white lies you can tell in a relationship without sacrificing the trust you two share. But with relationships and love, honesty and trust is essential to a healthy relationship. If you have suspicions that your partner isn't being totally honest, you owe it to yourself to evaluate your relationship.

See Cupid's five pieces of relationship advice to help you tell when your partner is lying to you!

1. Lack of eye contact: If your partner avoids eye contact with you, especially when he or she is telling you where they were last night, this could be a sign that they're lying to you. People know that eyes are the window to the soul, so if they're hiding something from you, they will avoid looking you straight in the eye.

2. Aggression: You ask to see your spouse's credit card bill to calculate next month's budget. She responds by screaming at you and throwing a fit – not exactly a normal emotional response. If your partner responds aggressively or way too emotional to simple requests from you, they may be hiding something from you.

Related Link: [Love Advice: What Your Sleeping Position with Your Partner Says About You](#)

3. Protective of technology: Your partner may have a passcode on his or her phone or laptop, which is perfectly fine. But do they refuse to tell you what that passcode is, but won't explain why? Are they fiercely protective of their text messages and Internet search history? Relationship advice: there's something they're hiding from you.

4. Over-explaining: Something as simple as letting you know that they went to see their mother last week shouldn't require an hour-long explanation. If you find your partner is going on and on about how they don't actually find their co-worker attractive or that they REALLY weren't at the bar last night instead of the office, it's good dating advice to see what

they might be keeping from you.

Related Link: [Relationship Advice: Signs You Really Need Couples Counseling \(and Why It's Not a Bad Thing!\)](#)

5. You feel off-balance: Trust your gut. If something feels off with your partner, it probably is. With relationships and love, it's a great idea to trust your intuition.

What are other signs that your partner isn't being truthful? Let us know in the comments section below!