



How To Tell If He Is A Cheater (Within Five Minutes!)

Psychologists have finally figured out how you can predict if a guy will break your heart – before you’ve even finished the entrée on your first date! Here’s how...

We’ve all been there: that perfect-on-paper new BF turned out to be a lying, cheating scumbag. Now you’ve got a soggy tissue in one hand and a spoon handle-deep in a tub of Chunky Monkey in the other, wishing you had seen the signs before you got in too deep. If only there was some kind of dating crystal ball that could have spared you all the hassle and heartache – and saved you a fortune in Kleenex and Ben & Jerry’s! And what about all those weeks and months you wasted on him, when you could have been hanging with a hottie who is actually worthy of your time and effort? But short of strapping a guy to a lie detector on the first date, how can you ever really be sure he’s a cheater before you get involved?

Well, according to a new study from the University of California, Berkeley, clocking a guy’s embarrassment levels can tell you everything you need to know, from whether he’s likely to settle down to whether he’ll cheat and even if he’ll offer to foot the bill at the end of the night – all within minutes of meeting him.

“We found that people who are easily embarrassed are more trustworthy, generous and moral,” explains psychologist Robb Willer, co-author of the study. “This kind of person makes for a better

partner in a long-term relationship because they are more honest and therefore more inclined to be monogamous.”

So, stick with the goofy guy who looks mortified when he trips over his shoelaces, goes red when he mispronounces a dish on the menu or laughs awkwardly when he drops sauce on his shirt. Here’s three good reasons why:

He Won’t Cheat

In a study of over 60 college students, those who were more easily embarrassed reported higher levels of monogamy, explains Robb. “If you are on a date and someone expresses embarrassment, this is a good sign. It indicates fidelity,” says Robb. But, if your new guy makes a social gaff without so much as a sheepish grin, be warned! Robb says, “Someone who shows no embarrassment is literally shameless. This type of person can’t be flustered and shows no signs of a social conscience, so it’s likely they won’t stop to consider other people.” He adds, “They can’t be trusted.”

Dinner Will Be On Him

The study also linked social embarrassment with generosity: the 60 students were given 10 raffle tickets each and were asked to keep

some for themselves and give a share to their partner. Results showed that participants who showed a greater level of embarrassment gave away more of their raffle tickets. The take-away? If he goes beetroot when he mistakenly asks the overweight waitress when her due date is, dinner is likely to be on him.

He’s A Keeper

“Embarrassment is like a window to someone’s conscience; a way to test their moral fibre,” says Robb. “It’s an unconscious way of someone saying: ‘I made a mistake and I’m apologising for that mistake.’” He adds, “If someone demonstrates embarrassment, it shows they have the necessary characteristics needed to form a long-term relationship: generosity, honesty and fidelity.” ■

Does He Pass The Cheat Test?

Next time you have a hot date, run through this mental checklist and see how your new guy scores

1 Outside the restaurant, he hands his keys to another hotel guest dressed in a tux, assuming it’s the valet. Then:

- A** He looks at the ground sheepishly as he gabbles an apology, takes the keys back and hands them to the real valet.
- B** He snatches the keys back and snaps, “What’s with the penguin suit, mate?”

2 In the restaurant, he comes back from the loo with his fly down. When you discreetly point it out, he:

- A** Smirks, adjusts his zip, then nervously jokes, “Well, that was embarrassing.”
- B** Leers across the table and says, “Having a good look, aren’t you?”

3 After a big gulp of fizz, he accidentally lets out a burp at the table. Then:

- A** Immediately puts one hand to his mouth, then apologises. Several times.
- B** Shrugs and pats his stomach before saying, “Better out than in, eh?”

Mostly As: He’s a one-woman man
Mostly Bs: Warning: Ashton alert!

Spot A Bad Boy!

A nice guy gets easily embarrassed by social awkwardness, so after an uber cringe-worthy moment, scope out his body language to check for these vital signs: “Embarrassment is displayed with a downward gaze to one side, while partially covering the face and either smirking or grimacing,” says Robb. If he stays cool, without any other sign he’s secretly dying inside (flushed cheeks, a fake smile, quickly changing the subject or avoiding eye contact) he’s not BF material!

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