

# HOW TO STING THE POLYGRAPH

by  
Doug Williams

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My name is Douglas Gene Williams, and I plead guilty to crimes against humanity. I was a right-wing terrorist, I tortured thousands of people, documented more forced confessions than most Gestapo Agents, violated countless constitutional rights, and had absolutely no regard for human dignity. I was often rewarded for my skillful use of terrorism - there are some truly grim stories behind those official letters of commendation I earned as a police detective sergeant. I was a highly trained, well equipped, terrorist agent. My specialty was psychological trauma, and my weapon was the "lie detector".

You have a right to know a little about me before you invest any more of your time, so let me tell you right up front, I'm crazy. Friends and enemies alike agree with my self-diagnosis, they differ only as to the cause of my obvious malady. Some say I was crazy to quit the cops after almost ten years' service, and they have a point because I did spend a lot of time and energy preparing for a career only to abandon it when I reached the prime earning years. Others will tell you I cracked under the strain of a guilty conscience, that I went over the edge running from the ghosts of my many victims, and there is some truth to that because I do feel guilty about what I did. The way I see it, I lost it when I decided to make restitution for my sins, but I'm from the buckle on the Bible Belt, and out here we are taught that if we sin, we must confess and make restitution before we can expect exoneration - this restitution business is what's driving me nuts.

I have the dubious distinction of being the only licensed polygrapher to ever blow the whistle on the so-called "lie detector", and I have been blowing it so long now I'm about blue in the face, but the message has still not gotten to the powers that be. I was a detective sergeant with the Oklahoma City Police Department and ran the polygraph section of the internal affairs division for six years. I administered more than six thousand polygraph examinations for our department as well as other local, state, and federal agencies. During that time, I discovered that what I did for a living was a fraud, and in 1979 I embarked upon what turned out to be a crusade to outlaw the polygraph. I set about to prove three things about the polygraph that I knew to be true:

- ♦ The polygraph test has a built-in bias against a truthful person
- ♦ It is certainly not capable of determining truth or deception
- ♦ It can be beaten rather easily.

For example, regarding facts one and two, I offer this evidence. Some time back I was invited to prove these statements on CBS 60 Minutes. I spent about five weeks in New York City setting up a sting operation to prove that the polygraph has a built-in bias against a truthful person, and that it is certainly not capable of determining truth or deception. For this investigation, we set up a mock situation in a business setting. The setting was the offices of the magazine Popular Photography

located in New York City. We cut holes in the walls of an office in the magazine's corporate headquarters and put our video cameras next door to secretly document the polygraph examinations, and we had our microphones in what appeared to be an overhead sprinkler system. We then picked three polygraphers at random out of the yellow pages in New York City and hired them to test the employees of the magazine regarding the alleged theft of a camera. No camera had been stolen, but all three polygraphers called honest, truthful people liars and thieves, and each one picked a different person! Talk about a sick joke, those guys showed what they were on national television with millions of people watching! Unfortunately there continues to be literally millions of private stories about innocent people who have been branded as criminals by this machine. I rest my case on facts one and two. Concerning fact number three, that the polygraph test can be beaten rather easily, I proved this on live national television when on CBS Night Watch I taught a Justice Department attorney how to control and manipulate every tracing on the polygraph chart at will. Our "training" consisted of getting together a few minutes before air time, and he was able to demonstrate his skill at beating the polygraph in front of millions of witnesses. I also taught Carol Randolph how to do the same thing with the cameras rolling on her Washington DC television talk show. It is ridiculously simple to master the skills necessary to beat the "lie detector", that is to always produce what the polygrapher would call a "truthful chart". As a matter of fact if you can control your bowels, you can control your polygraph test results. I rest my case on fact number three.

I'm sure you already know the polygraph is a joke, but you don't want the joke to be on you. This manual is designed to teach you how to protect yourself, that is to teach you how the machine works and to allow you to control your reactions in such a way that the polygraph will show you have told the truth - even when you have deliberately lied! Due to the fact that parts of this manual are somewhat technical, and you may have to read it three or four times in order to fully comprehend the information it contains, I have condensed it to as few pages as possible. The "Sting Technique" can be mastered, it's mastery however requires concentration - and a touch of class.

The word polygraph is derived from two Greek words: poly, which means many, and graphos, which means writings - many writings. The "many writings" which the polygraph records on its charts are your blood pressure, pulse rate, respiration and galvanic skin response. Your blood pressure and pulse rate are recorded by the cardio pen which traces your heart beat, this is referred to as the cardio tracing. Your breathing, or respiration pattern, is recorded by the pneumo pens, this is referred to as the pneumo tracing. Your Galvanic Skin Response, which is basically the sweat or perspiration activity on your hand, is recorded and is referred to as the GSR tracing. (See Exhibit A)

Changes in your blood pressure, pulse rate, breathing, and sweat activity are referred to as reactions. These reactions appear on the polygraph chart as: (1) a pneumo reaction, which is simply a pen tracing up and down on the chart as you inhale and exhale, (2) a cardio reaction, which is the pen tracing your heart beat, and showing an increase or decrease in your blood pressure and pulse rate, and (3) a GSR reaction which is nothing but a pen tracing of the increase or decrease of the

sweat activity on your hand. In other words the polygrapher can watch you breathe, watch your blood pressure and pulse rate go up and down, and watch your hand sweat. And on the basis of this, he presumes to be able to say whether or not you are a liar. How absurdly ridiculous!

The validity of the polygraph as a lie detector rests on the theory that physical changes, or reactions, are caused by the emotional stress of lying and cannot be manipulated. There is only one thing wrong with this theory, and that is it is just not true. Is it a sound scientific principle, is it always true, as polygraph experts would have you believe, that every time you lie your breathing becomes erratic, your fingers start to sweat, and your blood pressure increases? Conversely, is it also true that every time you react this way you have lied? (See Exhibit B)

I would submit that this exact same "lying reaction" can be and is caused by many things other than a lie. As a matter of fact any number of innocent stimuli can and do cause this exact same reaction. Fear, rage, embarrassment at having been asked a personal question, pain from the cardio cuff, even the tone of the examiner's voice can all cause the exact same reaction that the polygraph examiner would brand as a lie. The polygraph is not a lie detector, and it is not a truth verifier, it is simply a crude reaction recorder, and the reactions it records can be indicative of just about anything except deception. I can even teach you how to duplicate this reaction by a simple breathing and muscle exercise. In fact, when you finish reading this manual, you will be able to control every tracing on the polygraph chart at will.

## MANIPULATION AND CONTROL OF THE PNEUMO TRACINGS

Your breathing, or pneumo tracing, is recorded by the pneumograph tubes which are placed around your chest and stomach. (See Exhibit C) When you inhale or breathe in, these tubes expand and the pneumo pens on the chart go up, when you exhale or breathe out, the tubes deflate and the pneumo pens go down.

The polygrapher is constantly alert of a person who is controlling his breathing. (See Exhibit D) You will notice the difference between the normal and controlled breathing pattern. The normal breathing pattern is like the waves of a calm rolling sea, they are rounded on the top and bottom. The controlled breather shows his attempt to control by consciously thinking of his breathing only to the point that he inhales and exhales, he breathes in and immediately breathes out, allowing no time to round off the waves.

In order to covertly control your breathing, you must duplicate the normal breathing pattern shown in Exhibit D. Your breathing should appear even and restful. Breathe along with the illustration by the numbers, (1) breathe in slowly, and the pneumo pens go up, (2) pause slightly to round off the waves, and (3) exhale slowly, and the pneumo pens go down. You have a pattern for a normal breathing if you simply breathe as though you are asleep, slowly and evenly. Try to inhale and exhale the same amount of air each time in order to maintain the even baseline. This normal breathing pattern is what the polygrapher would expect to see from a cooperative, truthful person. Remember: (1) your breathing is recorded on the polygraph chart by the pneumo pens, (2) you must avoid a jagged edged breathing pattern, and (3) breathe as though you are breathing in a normal relaxed manner. Practice duplicating the normal breathing pattern until you can control your breathing without being obvious.

Exhibit E shows the five common pneumo reactions. You must memorize at least one of these. This is as easily mastered as the duplication of the normal breathing pattern. You have already overcome the jagged edges of the "controlled" breathing pattern, and you are now in a mode where you can breathe in and out easily and "normally" with the proper curves in the proper places. The last step in breathing manipulation is the duplication of one of the reactions shown in Exhibit E.

Figure 1 depicts the most common reaction seen in the pneumo tracing. This reaction is manipulated by duplicating the pattern shown. You simply breathe by the numbers again: (1) inhale about one-third the normal amount of air, hold slightly, and exhale slowly, showing no jagged edges, (2) inhale again, this time inhaling about two-thirds the normal amount of air, exhale slowly, (3) inhale and exhale the normal amount of air, (4) inhale again, this time inhaling just a little more air than normal, and exhale slowly. You now take two deep breaths, and resume your normal breathing pattern.

The pneumo reaction in figure 2 is manipulated by inhaling more than you exhale each time in a series of five small breaths until, with your last breath, you fill your lungs with slightly more than the normal amount of air, just like you are frightened and gasping for breath. You then take two deep breaths and resume normal breathing.

For those of you who feel inadequate to the task of duplicating a pneumo reaction, the polygraph profession has thoughtfully provided what is known in the trade as a breathing block. Pictured in figure 3, this reaction is manipulated by simply holding your breath for about seven seconds, a definite no brainer. Just hold your breath for a few seconds and then resume normal breathing. Is this easy or what?

Figure 4 illustrates still another pneumo reaction which is manipulated by simply inhaling a normal amount of air and then taking a series of five to seven shallow breaths with your lungs partially full.

Figure 5 is a variation of 4 except that you take five to seven shallow breaths with your lungs almost empty.

That's all there is to controlling your pneumo tracing on the polygraph chart. Just pick a reaction you are comfortable with. Now that you have mastered the manipulation and control of the pneumo tracing, believe it or not, you have mastered the most difficult part of the "Sting Technique". I told you the polygraph exam was a joke!

## MANIPULATION AND CONTROL OF THE CARDIO TRACING

OK, so you can now manage to show a “normal” breathing pattern and a breathing “reaction”, but what about your blood pressure? Please don’t take drugs, they will only make you easier prey for a skilled interrogator, and don’t put a tack in your shoe, you will only hurt your foot. Just beating the operator is not enough, you have to “sting” him - and remember, a sting is when you con a con man and he never knows he has been conned. If you are going to sting, you must use your stinger. Please turn to Exhibit F as we discuss a well-known phenomenon associated with your stinger, or more correctly your anal sphincter muscle. The anal sphincter muscle is the ring-like muscle that surrounds the lower bowel opening. I became well acquainted with the phenomenon known as the “pucker factor” during my military and police careers. The pucker factor is simply an indice for fear, or a physiological reaction to fear. For example, every time a gun was fired at me, the pucker factor got very high, and my butt started pinching holes in my underwear.

What happens if you are not really frightened, but you “pucker up” just like you do when you really are? Does it look like a blood pressure increase on the polygraph chart, or as polygraphers say, a cardio reaction? Yes, if you tighten up your anal sphincter muscle, like you are trying to stop a bowel movement, you can cause a magnificent increase in the cardio tracing immediately. The anal sphincter muscle, when tightened or puckered up, causes a rise in the cardio tracing which leads the polygrapher to believe you have had a really significant cardio reaction. The anal sphincter muscle when tightened or tensed, manipulates a rise in the cardio tracing that duplicates a cardio reaction. A cardio rise, or reaction, can be controlled by relaxing the tension. You simply tighten your anal sphincter muscle and the cardio pen goes up (manipulated reaction), or relax your anal sphincter and the cardio pen goes down (controlled reaction). This muscle is not only capable of manipulating and controlling the cardio tracing, it has the added advantage of being concealed from the polygrapher.

The GSR (Galvanic Skin Response), or sweat activity is relatively unimportant and will be both manipulated and controlled to some degree by the manipulation and control of the breathing and blood pressure. If you manipulate and control the pneumo and cardio tracings, the GSR will mirror these responses.

Timing is very important in the manipulation and control of your chart tracings, you must know when to show a manipulated reaction and when not to show, or to control a reaction. All I am teaching you to do is to duplicate the physiological response to fear, but you must be able to do it on demand and at the appropriate time. When you are frighten, you breathe in shallow, erratic, panting gasps, your anal sphincter muscle puckers up, your blood pressure increases, and you start to sweat. If you do all these things when you are not frightened, it still looks the same on the polygraph chart. A pant is a pant, and a pucker is a pucker, whether real or manipulated. As one of my students once said, “The Sting Technique is just acting like you’re scared when you ain’t, and acting like you ain’t when you are”. Just knowing how to show a reaction, and how to keep from showing one is not enough, you must also know when. You must manipulate your pneumo and cardio reactions simultaneously when you answer a control question, and you must control

your pneumo and cardio reactions, if any, when you answer a relevant question.  
This then is what brings us to our next section.

## RELEVANT AND CONTROL QUESTIONS

It is important that you recognize the difference between relevant and control questions in order to know when to manipulate or cause a reaction and when to control or stop a reaction. A relevant question is obviously one that pertains to the issue at hand, for example, if the polygraph test is about a specific theft, the relevant questions have to do with the specific item that was stolen and whether you stole it. The control questions, on the other hand, are more general in nature and do not deal specifically with the item that was stolen.

The polygraph test is simply a comparison of your reactions. The polygrapher will compare your reaction to the relevant question with your reaction to the control question. If your reaction to the relevant question is greater than your reaction to the control question he will assume you are lying, if your reaction to the control question is larger, he will assume you are truthful, obviously you should show your largest reaction to the least incriminating control question.

The polygraph profession has not agreed upon what constitutes a good control question, (largely because there is no such thing as a good control question), as a consequence there are three equally stupid theories. Each group is certain that they are right and the others are dead wrong, and I say they are all full of fertilizer. Let me share with you a little inside information about all three, so you too can marvel at their abysmal ignorance.

The first category of control questions are those which the polygrapher assumes you will respond to with a lie, for example, "Have you ever stolen anything?". The stress involved in your lying answer to this question will theoretically result in a reaction which is then compared to your reaction to the relevant question. The second category of control questions are referred to as irrelevant questions. In this method, the surprise of the irrelevant question causes a reaction which is then compared with your reaction to the relevant question. (I PROMISE I AM NOT MAKING THIS UP) The third category involves the use of surprise stimulus, or personal, embarrassing question, the reaction to which is compared to the relevant question. (AS RIDICULOUS AS IT SOUNDS, THIS IS REALLY WHAT THEY DO)

The control questions in category one, the known-lie control questions, are those to which the examiner assumes or knows you have lied. These control questions are matched to the situation, for example if you are a rape suspect undergoing a polygraph test to prove you have been raped, (yes, this actually happens), the control question may be, "Have you ever engaged in any unusual sex acts?" They are different from the relevant questions because they are general in nature and nonspecific in terms of time as with the example, "Have you ever stolen anything?". The polygrapher will insist that you make some admissions to this question during the pre-test interview, and some will go to great lengths to "stimulate" you with this question. Play along with his silly game, admit a few minor childhood thefts, but do not say anything incriminating. The question will then be reworded to, "Besides what you've told me, have you ever stolen anything else?". Here are three more examples of this type of control question:

- (1) Have you every engaged in any unusual sex acts? (Besides what you've told me have you ever engaged in any unusual sex acts?)
- (2) Have you ever deliberately hurt another person? (Besides what you've told me, have you ever deliberately hurt another person?)
- (3) Have you ever stolen anything from a place where you worked? (Besides what you've told me, have you ever stolen anything from a place where you have worked?).

When answering these questions, don't tell the polygrapher anything he doesn't already know or can't find out on his own. Most people flunk their polygraph tests because they say too much. Do not buy into the polygrapher's scam that simply because he asks the questions you are bound to tell the truth in response to them. Many of the questions are illegal and most are none of their business. You are being forced to take the test so it is up to you to be in charge of the amount of information you disclose. I could make a good case for the proposition that we have an inalienable right to lie as long as we must submit the humiliation of a "lie detector" test. The polygrapher is lying about the validity of the test, and you are under no obligation to take the test seriously. Most of the juicy information I gleaned during polygraph sessions was in response to illegal questions. Do you have the right to lie in response to an illegal question? I would maintain you have not only the right but the responsibility to lie! Do not tell these perverse purveyors of purloined personal information anything more than is necessary to get through their 'trial by ordeal'! Do not believe anything they say about this being "off the record" or "just between us", every scrap of information they get from you is either for sale to the highest bidder or already sold.

In my humble opinion, everything about the "lie detector" is totally irrelevant, but the second category of control questions is even labeled as such. The irrelevant control questions are easily recognized because they are usually absurdly irrelevant. For example, assume you are being tested concerning a leak of confidential information from the CIA headquarters, some of the irrelevant control questions asked during the test may be, "Can you drive a car?", or "Do you smoke?". The polygrapher will probably ask you to explain your reactions to the irrelevant questions, so have a good story ready. If he asks why you reacted so much to "Can you drive a car?", tell him you almost had an accident on your way to his office. The ease in identifying this type of control question is obvious, but remember to show a reaction to the control question and not the relevant question. Remember, don't give the polygrapher any more information than is necessary to explain your reaction, to convert an irrelevant question to a relevant question by giving information that would incriminate you places you in roughly the same intelligence category as a dirt clod.

The third category of control questions deal with the surprise stimulus or embarrassing personal questions. These are even more absurd than the irrelevant question, and may include some of the following: "What is the tenth letter in the alphabet?", or "What does fourteen times three hundred sixty nine equal?". Some examiners may ask an embarrassing personal question, such as, "Did you masturbate this morning?". Others merely threaten by saying, "OK now Karen, I'm going to ask you a very personal and embarrassing question, in your entire life have

you ever...?”. The polygrapher never finishes the question, he just records you reacting away in anticipation. Fortunately, only the worst of the verbal voyeurs in the polygraph profession still use this type of control question, so you shouldn't be confronted with it very often.

## TIMINIG IS IMPORTANT!

You must show both a breathing and blood pressure reaction simultaneously when you answer a CONTROL question, and you must appear calm, relaxed, and breathing normally when you answer a RELEVANT question.

When you are employing the Sting Technique, your polygraph examination is in fact your examination. Your interests alone dictate whether the questions are relevant or control. Always bear in mind that the purpose of the test is to elicit information from you. The purpose of the Sting Technique is to allow you to control the amount of information you give, and to teach you to manipulate and control your reactions so the polygraph will verify your veracity. Just make sure your reaction to at least one of the control questions is larger than your reactions, if any, to the relevant questions.

## COUNTERING INTERROGATION TECHNIQUES

Your mastery of the Sting Technique is almost complete, the only area left unexplored is how to conduct yourself during the interrogation. Remember, the whole test is nothing but an interrogation. The sole purpose of the polygraph test is to get incriminating information from the subject. The polygrapher is usually an expert interrogator, and, like most interrogators, he relies on his ability to con you or scare you. Do not allow him to do either, concentrate on what you are saying, and what you are doing. Stay alert, remember the polygraph is a joke, and the polygrapher is playing a con game, a game you will win if you use the Sting Technique correctly.

The pre-employment polygraph examination is the setting for some of the worst cases of polygraph abuse because, unlike the criminal suspect, the job applicant cannot refuse the test without suffering as a result of the refusal. These polygraph examinations are simply an interrogation, the only part the polygraph plays is to scare you sufficiently to insure the full disclosure of all the sordid details of past indiscretions. During the pre-test interview, the polygrapher may tell you the reason he is asking so many questions is to get to know you better so he can administer a good test. He may also tell you that passing the test is more important than any admissions you make, and that it will be to your advantage to tell the complete truth in order to pass the exam. He will exhort you to “get everything off your mind, discuss anything that is worrying you, so that nothing interferes with your polygraph test”. Do not be deceived, these are merely interrogation tricks designed to try to get you to change your goal. What is your goal in taking a pre-employment polygraph examination? Is it to “tell the complete truth” to every wormy, prying, personal question the polygrapher chooses to ask? If so, you will not get the job! Your original goal is to get a job, you are trying to sell yourself to a prospective employer so you naturally put emphasis on your most positive attributes, your ability, training, education, energy, attitude, etc. The polygraph con man will try to change your goal by telling you that in order to get the job you must pass his test, and in order to pass, you must tell the complete truth to all the questions he asks. Your goal then will be to spill your guts in front of the hidden video camera while he sits back and prods you into disclosing information you would never tell another person. Do not allow the interrogator to turn the polygraph room into a confessional! Perhaps you cannot refuse to answer these illegal questions, but you can control the amount of information you give. Do not buy into the polygrapher’s lie that he will respect the confidentiality of what you tell him, every word you say is being recorded and will be played back to the person paying for the test. Audio and video recorders and cameras, as well as the ever present see-through mirrors on the wall, with the adjacent observation room to witness the proceedings, are all a part of the well-equipped polygraph suite.

Do not tolerate physical violence, but do not confuse noise with violence. Hang in there unless he gets physical. The polygrapher who is not well versed in the fine art of interrogation, (or those who have gone crackers from too much hog killing), relies more on noise and threats than on intelligence, and may try to intimidate you with loud yelling, hostile accusations, and threatening gestures. He is easily manipulated, do not respond to him in the same manner, remain calm, appear

cooperative, and act like you are confused by his anger. He will wear out and leave you alone if you refuse to respond. Stick to your story, let him rant and rave, while you think about cartoons or something pleasant.

Now, if you can add one more finishing touch, it is to look the examiner in the eyes when you talk to him. If you can't do that, focus on the bridge of his nose, right between his eyes, it will have the same effect, which is to prove to him you are truthful.

Always appear cooperative, act sincere, use plenty of eye contact, stay alert, concentrate on what you are doing, and never exhibit any hostility, arrogance, or fear, and you can counter any interrogation technique the examiner can throw at you. Remember, the entire polygraph examination must be manipulated and controlled if your sting is to be complete. That includes the pre-test interview, the test itself, and any post-test interrogation you may encounter.

Another interrogation technique, commonly referred to as the "stimulation test" or "card test", is a method by which the polygrapher will try to impress you with the accuracy of the polygraph. The most common "test" is to let you pick a card out of a deck of supposedly randomly numbered cards. The polygrapher will then instruct you to answer "no" to all the questions, even to the question about the card number you actually picked. He will then ask, "Did you pick card number fifteen?", "Did you pick card number seven?", and so on down the list of all the numbers on the cards. At the conclusion of the test, he will tell you, based on his analysis of the chart, which card you picked and therefore, which question you lied to. This is simply a trick. He has used two decks of cards. He makes a big deal of shuffling one deck in front of you, he will then divert your attention and change decks using one whose "random" numbers are in order. He has memorized the sequence of numbers, i.e. 15, 8, 3, 5, 7, 10, and 13, and he knows which card you have picked as soon as you pull it from the deck. Others will ask you to pick a number from one to ninety nine and then try to tell you which one you had in mind.

Do not try to subvert this test. You may turn it to your advantage by congratulating him on his expertise and telling him that you are now more confident than ever that the polygraph test will show you are telling the truth. NOTE: A secondary purpose of this "test" is to show the polygrapher what type of a reaction you will have on the real test. Therefore, let us assume you picked card number five, or number five, you should manipulate a reaction when you answer "no" to this question. This will accomplish two things; first it will show him you are a "good subject", that you have the ability to react, and, second it will cause him to look for that specific type of reaction on the real test which is to follow.

The polygrapher is confident of his technique, and you must be equally confident of yours.

## PRACTICE EXAMINATIONS

Please practice before you go one-on-one against a professional! In order to successfully duplicate a “truthful” polygraph chart tracing, you must be prepared to deal with any polygraph technique you may encounter. The following are three practice examinations, each employing one of the three different techniques previously discussed. You will be told how to manipulate and control your reactions as we examine each of these tests. If you are prepared to handle these, you can handle any type of polygraph test, but please practice.

The first test is based on the following set of circumstances: You are a twenty-seven year employee of the CIA, and, thanks to the Presidential Directive of 1986, you are required to submit to a polygraph test or be terminated. The purpose of the test is to determine who leaked a story to the New York Times. The questions you may encounter by a practitioner of the known-lie control question technique are listed below.

1. Do you live in the United States?
2. Is your name Harry Jones?
- ® 3. Do you know for sure who gave that information to the New York Times?
- ® 4. Did you give that information to the New York Times?
- (C) 5. Besides the harmonica at age six, have you ever stolen anything else?
- ® 6. Can you name the “informed sources” quoted by the New York Times?
- ® 7. Have you lied to me about leaking classified information?
- ® 8. Have you lied to me on any of these questions?
- (C) 9. Besides the pencils, have you ever stolen anything else from work?
- ® 10. Are you now concealing any information whatsoever about the leaks of classified material?

With questions one and two, the polygrapher is allowing you time to become accustomed to the sound of his voice, this gives you time to start duplicating your normal breathing pattern.

Question three is your first relevant question. You should listen to the questions only to determine whether they are relevant or control, don't let the polygrapher “psyche you out”, remember this is just a game, and all you have to do is breathe normally.

Question four is the most relevant question. Simply picture the normal breathing pattern in your mind and produce it on the polygraph chart.

Question five is your prime control question. Because it is less incriminating than the other control, you should manipulate your largest reaction to this question. Remember to breathe erratically, and pucker up for about seven seconds, but for crying out loud, show a little class, do it subtly.

The scenario for the second polygraph exam is as follows: You have applied for a job, one of the few that still are legally allowed to require polygraphs, and the brain damaged personnel director asks you to take a pre-employment exam. Don't tell him he will be paying a hundred bucks just to record you performing a few breathing

exercises and puckering up. The questions you will be asked on the irrelevant control question test are as follows:

1. Is your first name Janine?
2. Do you live in Dallas?
- Ⓜ 3. Did you tell the complete truth on you job application?
- Ⓜ 4. Have you ever been arrested?
- Ⓜ 5. Do you drink?
- (C) 6. Can you drive a car?
- Ⓜ 7. Have you ever used or sold narcotic drugs?
- Ⓜ 8. Are you now concealing any information about your previous work record?
- Ⓜ 9. Are you behind on any of your bills?
- Ⓜ 10. Have you told me the complete truth about how much you owe?
- (C) 11. Did you eat breakfast this morning?
- Ⓜ 12. Have you told me the complete truth about your physical condition?
- Ⓜ 13. Is there anything in your background that would disqualify you from getting this job?
- (C) 14. Were you born in Texas?
- Ⓜ 15. Have you lied to me about what you have stolen from previous places of employment?
- Ⓜ 16. Is there anything in your personal live that might interfere with your employment?
- Ⓜ 17. Do you gamble?
- Ⓜ 18. Have you lied to me on any of these questions?
- (C) 19. Are you really 30 years old?

A good way to practice our Sting Technique is to have a friend read the questions to you, allowing an interval of about fifteen to twenty seconds between questions. You should answer the questions aloud with a yes or no, while at the same time manipulating or controlling your reactions to these questions.

The third practice test is a period polygraph examination. This Gestapo-type test is usually given every six months to employees “picked at random” from the work force. The questions you may see in the embarrassing personal question technique, (the imaginative perversion of the polygraph profession never ceases to amaze me), are listed below:

1. Is your last name Jones?
2. Were you born in Oklahoma?
- Ⓜ 3. Can you name anyone in the company who is stealing?
- Ⓜ 4. Have you stolen anything from the company in the past six months?
- (C) 5. Is J the tenth letter of the alphabet?
- Ⓜ 6. Have you violated any of the company’s rules and regulations?
- Ⓜ 7. Are you working with anyone to steal from this company?
- Ⓜ 8. Have you devised a plan to steal from this company?
- (C) 9. Have you ever had sex with an animal?
- Ⓜ 10. Do you use or sell drugs?
- Ⓜ 11. Have you ever used drugs or alcohol on company time?
- Ⓜ 12. Are you covering up for anyone who is stealing from this company?
- (C) 13. Do you masturbate?
- Ⓜ 14. Have you lied to me on any of these questions?

(C) 15. I am now going to ask you a very personal and embarrassing question, have you ever...?

You should have no difficulty recognizing these control questions. Remember to manipulate a reaction to the least incriminating control question and control or show no reaction whatsoever to the relevant questions, and don't tell them anything you don't want them to know. One more quick tip, the polygrapher may ask you which question you remember out of them all, always say you remember the least threatening control question, because that indicates to him it troubles you the most. Never indicate by words or actions that the relevant questions caused you any trouble at all.

The polygraph profession has accused me of having a myriad of sordid motives for writing this little manual, perhaps their anger stems from the fact that the only power they have is derived from the fear and ignorance of their victims. I only hope I have been successful in tipping the balance of power from the terrorists to the victims by telling some of the tricks of this terrible trade. I have done a great deal to outlaw the use of this insidious Orwellian instrument of torture in the private sector, but much more needs to be done. I look forward to the day when the polygraph test will just be a bad memory. As to my ex-colleagues' criticism, I would offer this thought for consideration. It would, after all, be the ultimate irony for a "lie detector" operator to object to the truth.

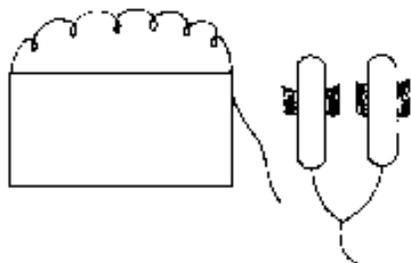
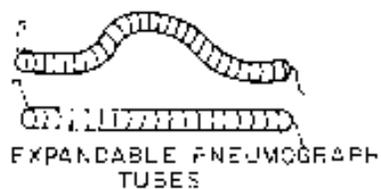
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EXHIBIT "C"



GSR ELECTRODES PALM AND FINGER ATTACHMENTS

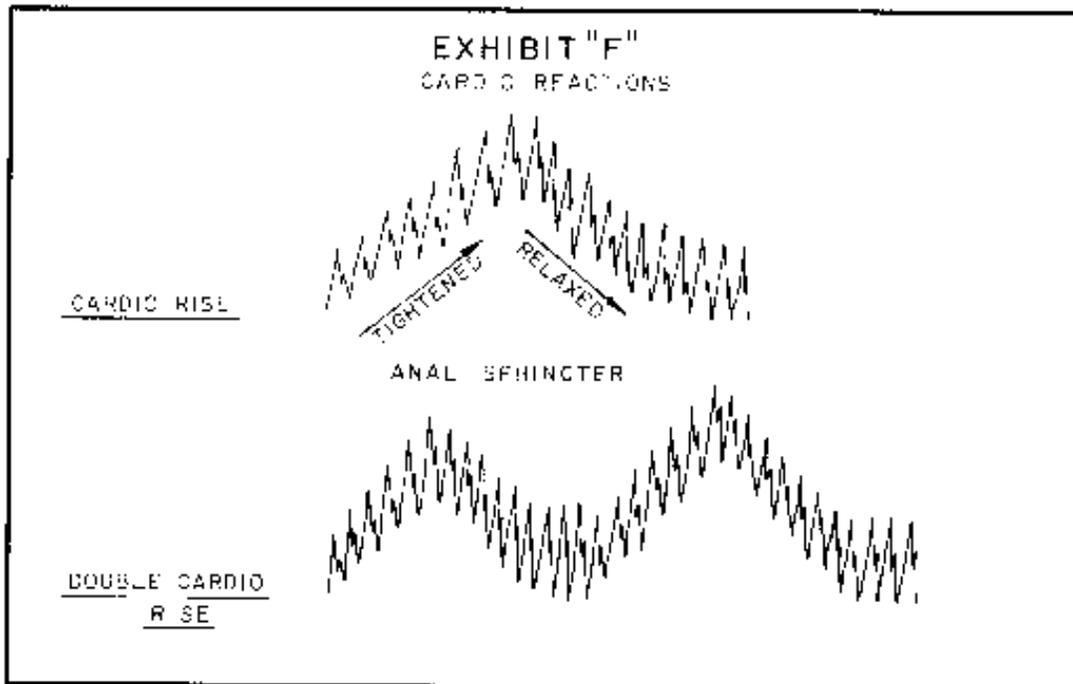
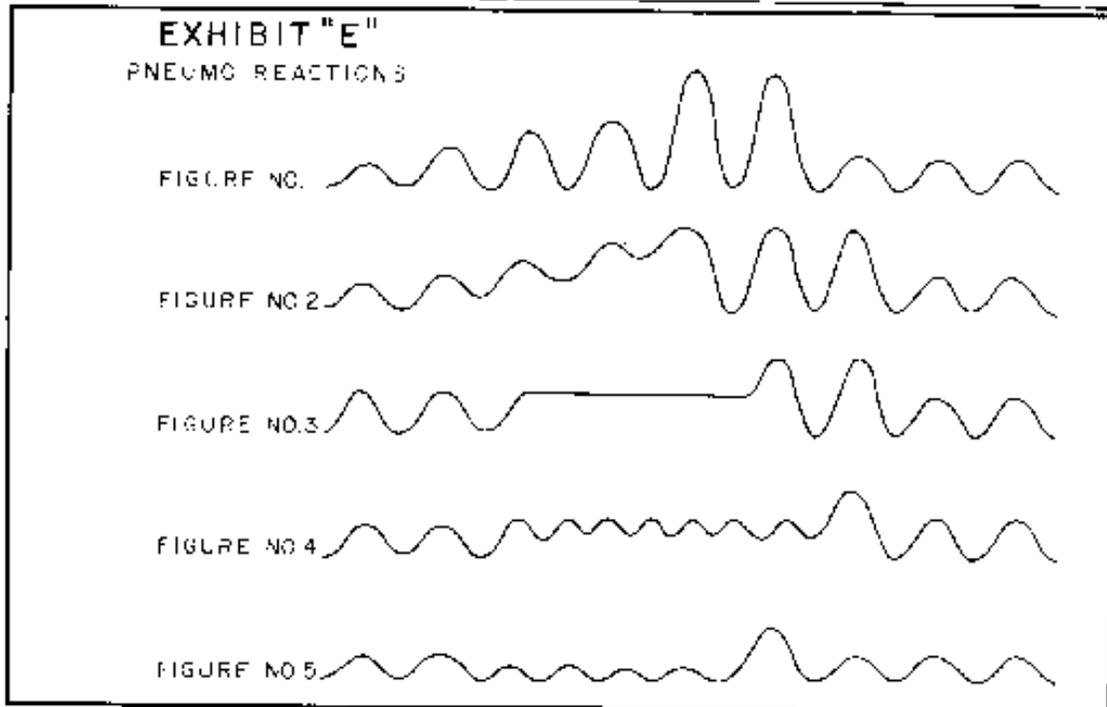
EXHIBIT "D"



CONTROLLED BREATHING PATTERN



NORMAL BREATHING PATTERN



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