

# If You Swear a Lot, You're More Honest — Science Says So

Damn straight!



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By Caroline Picard JAN 3, 2017

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Your mother might have scolded, "Watch your language," but don't let her delicate sensitivities curb your cursing. Swearing — a.k.a. the "unfiltered, genuine expression of emotions" — might mean you're more honest, a [new study](#) says.

Scientists from the University of Cambridge recently surveyed 276 people about their most commonly-used swear words and how often they say or write them. The test also measured the participants' honesty with questions about blaming others, cheating at games and taking advantage of people.

And surprise, surprise: Those who used salty language the most lied the least.

"There are two ways of looking at it. You might think if someone is swearing a lot, this is a negative social behaviour," study co-author [David Stillwell](#) told the [Daily Mail](#). "On the other hand, they are not filtering their language so they are probably also not putting their stories about what is going on through similar filters which might turn them into untruths."

Essentially, if you drop a few F-bombs, you're probably not too worried about making yourself look better in front of other people.

A second, larger experiment with almost 74,000 Facebook users pointed to the same conclusion. Researchers compared the frequency of profanity and phrases that indicate truth-telling, such as first-person pronouns like "me" and anxiety-driven words like "worried." It turned out people who keep it clean also try to look cooler online, even if it involves fudging the truth.

The study, which was accepted for publication in the journal *Social Psychological and Personality Science*, provides the justification all potty mouths need to hear. And if anyone gives you grief about those four-letter words, fire back with the most famous comeback of all: "Frankly, my dear, I don't give a damn."

[h/t *TODAY*]