

# Hell Yes! Science Has Found a Good Reason to Swear More

BY JILLIAN KRAMER JANUARY 9, 2017 4:00 PM



You mother may not appreciate your potty mouth, but it *should* make her proud: A new study shows people who curse more often are also more honest, an attribute everyone from your mother to your significant other and even your boss wants to see.

For "Frankly, We Do Give a Damn: The Relationship Between Profanity and Honesty," international researchers studied how we swear in three ways. First, they surveyed 276 adult participants about their swearing habits. Second, they analyzed the profiles of more than 73,000 Facebook users, scanning their status updates for curse words. And third, they compared profanity and integrity indexes for each state in the U.S.

In all three cases, the researchers found that there is a consistent, positive relationship between profanity and honesty. In fact, people who curse more are less likely to lie and may

even have more integrity than their polite peers.

Why? Swearers use profanity to express themselves, the researchers say, and people who are open about their feelings are more likely to portray themselves in an honest light. On the flip side, liars rely on negative language and third-person pronouns to make a point.

Of course, this study isn't a green light to litter your dating profile or your résumé with curse words. But now, when you let a "sh-t" slip in front of your boss, you have a built-in reason that's a very good thing.