

MSTP > Adult 13 Body Language

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Body Language

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Body Language: What It Is – and - How To Read It

Body Language is jam packed with interesting science. In this comprehensive introduction we'll show you the basics of **body language**, and how to improve your own.

What is **Body Language**?

When we talk about **body language** we look at the subtle cues we send and receive to each other nonverbally. Many people want to know how to read **body language**. To get started, **body language** can be broken down into a few different channels:

Facial Expressions: Researcher Dr. Paul Ekman discovered 7 universal micro-expressions — or short facial gestures every human makes when they feel an intense emotion. We are very drawn to looking at and observing the face to understand someone's hidden emotions. They are an essential part of **body language**.

Body Proxemics: Proxemics is a term for how our body moves in space. We are constantly looking at how someone is moving — are they gesturing? Leaning? Moving towards or away from us? Body movements tell us a lot about preferences and nervousness. They are instrumental **body language** cues.

Ornaments: Clothes, jewelry, sunglasses, hairstyles, are all extensions of our **body language**. **Not** only do certain colors and styles send signals to others, how we interact with our ornaments is also telling. Is someone a fidgeter with their watch or ring?

Do they constantly self-preen or touch their hair?

These are all **body language** cues.

Body Language Principles

How To Read People's **Body Language**

There are actually two sides to reading **body language** in others.

Decoding is your ability to read people's cues. It is how you interpret hidden emotions, information and personality from someone's nonverbal.

Encoding is your ability to send cues to other people. This is how you control your personal branding, what [first impression](#) you give and how you make people feel when they are with you.

How good are your **body language** decoding and encoding skills. Take our free quiz right now to find out!

<https://www.scienceofpeople.com/body-language/>

Male vs Female **Body Language**

Ever wondered what the difference is between [male body language](#) and [female body language](#)?

I love talking about the natural differences and this can help you decode certain nonverbal cues as well.

Male **Body Language**

Here are some interesting facts about male [body language](#)!

1. Men and **Body Language** Cues

Men use different areas of their brain to read **body language** and often [are not as good at reading body language](#) as women.

- Researcher Monica Moore from Webster University in St. Louis found men often miss [a women's first courtship signal](#). On average, women need to eye-gaze three times before a man takes notice.
- Women might be better at reading **body language** because [more of their brain is active](#) when they evaluate other's behavior. MRIs have revealed women have 14 to 16 active brain areas while evaluating others, whereas men only have only four to six active.

2. Men, Women and **Lying**

[Men and women lie differently](#). Their motivations for deception are different:

- Men **lie** to appear more powerful, interesting, and successful. They **lie** about themselves eight times more than they **lie** about others.
- Women **lie** less about themselves and more to protect others' feelings or to make others feel better about themselves.

3. Men Like Availability Over All Else

Which body language cue do men find the most attractive?

Being available. Studies show that men are more attracted to a woman who engages in flirtatious behavior to show she is available versus the best-looking woman in the room.

- Flirtatious behaviors:
 - Smiling
 - Having an expressive face
 - Minimal arm crossing
 - Keeping hands outside of pockets
 - Intimate eye gazing (from the eyes to the mouth to the body)
 - Leaning toward the other person

3. What is a woman's favorite male body part?

Legs, butt, chest, or arms? The answer: The majority of women favor a man's butt as her favorite male body part.

5. Male Attraction

Men often point their toes toward the person whom they are most interested in. If they are **not** interested in anyone, their toes usually are pointed toward the door.

Female Body Language

Female **body language**, or the body language of women, is **not** all that different from that of men. However, female **body language** does have a few noticeable differences that both **sexes** can make note of. Here is a video of my segment with AM Northwest on female **body language** as well as detailed tips below!

1. Female Flirting Behavior

Men and women have completely different courtship behaviors. Here are some of the behaviors that women do (consciously and subconsciously) while trying to entice a man:

- Like Marilyn Monroe, women who are trying to entice a man tend to raise their eyebrows and lower their lids because it looks similar to the face women make when they are experiencing pleasure.

- Looking up and to the side at a man is another ‘come hither’ look from a woman to a man.
- A sideways glance over a raised shoulder highlights curves and the roundness of the female face. This signifies estrogen, exposes the vulnerability of the neck and releases pheromones. Women instinctively do this when trying to flirt.
- A woman’s outer genitals are proportionate to her lips. This is called self-mimicry and it helps attract males. Women call attention to their lips by wearing glossy or bright-colored lipstick.
- Women toss their hair or touch their neck when **flirting** because it exposes the armpit, which releases **sex** hormones, shows the curvature of the neck and highlights shiny healthy hair.

Women with large eyes, a small nose, full lips and high cheeks are seen by men as more attractive because these features usually are correlated with high levels of estrogen, which means the woman is more fertile. In men, women like legs, butt, chest and arms. The majority of women favor a man’s butt as her favorite male body part.

[@Vvanedwards is sharing the behind the scenes of female flirting!](#)

4. Assertiveness vs Submissiveness

Women struggle with trying to stand their ground while **not** intimidating men. From a **body language** perspective this happens in a number of ways.

Women use cues of ‘submissiveness’ to show vulnerability, but also can employ certain moves for assertiveness to show they are **not** pushovers.

- Women pluck their eyebrows higher up their forehead because it makes them look more helpless. This causes a hormone release in a man’s brain connected with protecting and defending the female.
- Oddly, a limp wrist or exposed wrists are a sign of submission and both women and homosexual men tend to do this subconsciously when in a room with people they want to attract. This is why while smoking, many women hold the cigarette with one wrist turned out and exposed.
- When women want to be assertive they can stand with their feet spread farther apart. This ‘claiming of territory’ is a subconscious cue to men that the woman is feeling confident.

5. Women and **Lying**

Men and women lie differently. Their motivations for deception are different:

- Men **lie** to appear more powerful, interesting and successful. They **lie** about themselves eight times more than they **lie** about others.
- Women **lie** less about themselves and more to protect other's feelings or to make others feel better about themselves.

6. Women and **Body Language** Cues

Women are better at sending and picking up body language cues than men. Here's how:

- Monica Moore, a professor of Experimental Psychology at Webster University in St. Louis, found men often miss a women's first eye-gazing courtship signal. On average, women need to eye-gaze three times before a man even takes notice.
- In another study, participants were asked to decode a silent movie. Women were able to guess what was happening 87 percent of the time, but men could guess correctly only 42 percent of the time.

Interestingly, homosexual men and men in highly emotional jobs (**nursing, teaching and acting**) did nearly as well as women.

- Women might be better at reading **body language** because more of their brain is active when they evaluate other's behavior. MRI scans reveal that women have 14 to 16 active brain areas while evaluating others, whereas men only have four to six active.

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Body language

Body language, the power is in the palm of your hands | Allan Pease | TEDxMacquarieUniversity

Allan Pease is an Honorary Professor of Psychology at ULIM International University, who researches and studies selling relationships and human communication. He teaches simple, field-tested skills and techniques that get results. And he delivers his message in a humorous way, which motivates people to want to use. Allan's own experience and record in the field of selling, motivating and training is equalled by few others. He is a born achiever, starting his career at the age of 10. Globally known as "Mr **Body Language**", his programs are used by businesses and governments to teach powerful relationship skills. His messages are relevant to any area of life that involves winning people over and getting them to like you, co-operate, follow you or say 'yes'.

For more information on Allan Pease, click on the link below:

<https://www.facebook.com/AllanandBarb...>

In the **spirit** of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks video and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event. The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organized.* (***Subject to certain rules and regulations**)

<https://www.youtube.com/watch?v=ZZZ7k8cMA-4> 14 ½ min

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5. Tips for Men and Women:

Taking into account some of the female **body language** cues, here are some tips for both men and women:

- When approaching a woman, men never should come up from behind, as this will put her on guard. They are better off coming in at an angle and then standing at an angle.
- You do **not** need to have perfect looks to attract a man. Studies show that men are more attracted to a woman who engages in flirtation behavior to show she is available versus the best-looking woman in the room.

6. Likeable Female **Body Language**:

What do people consider “likable” **body language**?

Here are some of the behaviors that are [attractive and likable across social, business and romantic](#) situations:

- Smiling
- Having an expressive face
- Keeping your hands below chin level (**above can be seen as aggressive or over-animated**)
- Minimal arm crossing
- Keeping hands outside of pockets
- Triple head nods to show interest
- Intimate eye gazing (**from the eyes to the mouth to the body**)
- Leaning toward the other person

- Subtle mirroring

Overall, women tend to be more aware of their **body language** and the [body language cues of others](#).

<https://www.scienceofpeople.com/body-language/>

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Body Language: The Key to Your Subconscious | Ann Washburn | TEDxIdahoFalls

How we hold our body both demonstrates and determines who we are and our level of success. What are you telling people about yourself? Or worse, what are you telling your - self about yourself?

https://www.youtube.com/watch?v=_v36Vt9GmH8 15 min

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If you dress like the ducks and walk with the ducks, that is walk and talk like the local ducks they will all think you are local ducks and **not** just any noisy tourist. You also have some pages of **notes** on people's **body language** and also some pages that tell you more about the island.

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Join up with a volunteer non-profit program.

Volunteering is a great way to meet new people, get some exercise, and involve yourself in a **positive** project that can lift your **spirit**. It also comes without a cost (**or very little**) to you and can provide a lot of entertainment and a fulfilling day when you're in the right mindset.

I've come to spend more and more of my time [volunteering](#), serving on various committees and people helping groups in the community. I am on a few local area towns and Church committees. It is hands-down the best thing I have ever done. Be a volunteer with your local **Lions Club** or other Non Profit Org. and you will feel much better about yourself. Be only a volunteer – for a time - if later you wish, you may later to join this local **Lions Club** it is later and it is up to you. You'll be meeting other people who share your interests, which gives you an easy opener when striking up a conversation. Meet many new people and also maybe meet the next Him or Her for YOUR life. This Web Blog is sponsored by a **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “BLOG” and its parts so far.

As a summary of the parts and up-coming part drafts; most people are telling us that this information is also needed and wanted for them, yes, those married people too and many people found this as new information as they **didn't** even know about this stuff.

Subscription: First 30 days for this Blog is “**FREE**”. Then one may have a Subscription as over age 18 Adult (**including the open part**) or the open Blog part for only a small fee of \$5 for each 6 months. If you like these ideas and tips – please tell a few others.

Marriage Second Time Plus . **Org => A new Blog:**

A new Blog: <http://marriagesecondtimeplus.org/>

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Reading minds through **body language** | Lynne Franklin | TEDxNaperville

Can you read someone’s mind by looking at them? Almost. Lynne Franklin teaches you how to connect with 3 types of people by understanding how their bodies communicate. After a boy threatened to **kill** her with a machete, Lynne Franklin decided to learn everything she could about persuasion. She became a neuroscience nerd, studying how the brain works and how to build rapport with people. She has since worked with organizations to use persuasive communication to increase their performance, productivity, and profit, and published a book about her personal research called “Getting Others to Do What You Want”. In addition to her marketing and consulting work, Lynne is a member of the National Speakers Association and President-elect of its Illinois chapter. After a boy threatened to **kill** her with a machete, Lynne Franklin decided to learn everything she could about persuasion. She became a neuroscience nerd, studying how the brain works and how to build rapport with people. She has since worked with organizations to use persuasive communication to increase their performance, productivity, and profit, and published a book about her personal research called Getting Others to Do What You Want.

In addition to her marketing and consulting work, Lynne is a member of the National Speakers Association and President-elect of its Illinois chapter. This talk was given at a TEDx event using the TED conference format but independently organized by a local community. Learn more at <https://www.ted.com/tedx>

<https://www.youtube.com/watch?v=W3P3rT0j2gQ> 12 min

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The first set of pages cover the **Body Language** Signs parts.

Head = tilted head symbolizes interest in something - lowered head is a **negative** signal that communicates defeat. Running fingers through hair can mean is frustrated or are preening themselves to feel attractive - patting down hair demonstrates insecurity and a lack of self-confidence - tugging an ear indicates indecision; though it’s also sometimes done when a person is being **untruthful**.

Eyes = Lowering eyes is a sign of **fear** or **guilt** - Staring is interpreted as aggression and implies a person feels powerful - continual glancing at someone suggests a desire for that person.

Eye Blink rate increases when someone is nervous or assessing something - People who feel insulted, caught - out or threatened, will likely break eye contact.

Upper Body = Pushing the chest forward draws attention to it; for women this is seen as a provocative display whereas for men it's a show of strength and power - with folded arms is placing a barrier between themselves and their surroundings. Indicating that they're **not** happy with what is being done or said - drumming fingers communicates impatience or frustration.

Fiddling with items (**e.g. keys or a pen**) can be a sign of nerves or anxiety; touching the front of the neck symbolizes personal concern about the subject of the conversation.

Lower Body = wider a person's feet are positioned from each other, the more dominant and powerful they feel - slightly kicking / bouncing foot when sitting with crossed legs can suggest boredom or impatience.

Romantic body language = people are basically saying with this is 'I am making myself look good for you'. This includes tossing of the head, brushing hair with hand, polishing spectacles and brushing clothes.

Also include enactment of **sexually** stimulating activities, as caressing oneself, stroking arms, or face. May say 'I would like to stroke you like this' or 'would like you to stroke me like this'.

Displaying - Attractive parts of the body may be exposed, pushed or thrust forward, wiggled or otherwise highlighted.

For women this includes breasts, neck, her bottom (**butt**) and legs - men it includes a muscular torso, arms or legs, and particularly the crotch for women to view.

Women show their chest more to show that they are healthy and that they are able to bear and feed the man's child. The man shows he is virile, strong and able to protect the woman and her child - Crotch display, where (**particularly male**) legs are held apart to show off his genitalia bulge in his pants crotch.

The head - when hands interact with it - is therefore dynamic - busy in communicating all sorts of messages - consciously and unconsciously -> crossed arms = possibly defensive - crossed arms + crossed legs = probably defensive - crossed arms + crossed legs + frowning + clenched fists = definitely defensive, probably very hostile too.

Understand - Men and women sit differently, which needs to be considered when reading leg **body language**.

Partly due to clothing and partly due to **sexual** differences, men naturally exhibit more open leg positions than women, which should be allowed for when interpreting signals.

Certain **open-leg male** positions are **not** especially significant in men, but would be notable in women, especially combined with a short skirt.

Older women tend to adopt more modest closed leg positions than younger women, due to upbringing, social trends, equality and clothing.

Again, take account of these influences when evaluating any signals. Also, consider that when people sit for half-an-hour or more they tend to change their leg positions, which can include leg crossing purely for comfort reasons. Again, allow for this when interpreting signals.

Leg signals tend to be supported by corresponding arms signals, **example**; crossed arms and crossed legs.

Which aside from comfort reasons generally indicate detachment, disinterest, rejection or insecurity, etc. There are some differences, which can completely change the nature of a signal given in a **sexual** context.

Sitting opposite someone is an **example**, which is confrontational at work, but is often intimate and enabling for **sexual** and romantic relationships: full constant eye-to-eye contact is helpful for intimacy, as is full frontal facing between male and female for obvious reasons. Personal space must also be considered in a different way in social - **sexual** situations and non-**sexual** situations.

At work, the primary consideration is given to respecting the personal zones and **not** invading closer than the situation warrants.

In a **sexual flirting** context however, personal space becomes the arena for ritual and play, and within reason is more of a game than a set of fixed limits.

Dancing relates strongly to the attention stage of the dating / mating / courtship process. In many ways' courtship echoes the selling and advertising model AIDA (**Attention, Interest, Desire, and Action**).

This is also known as the Hierarchy of Effects, since steps must be successfully completed in order to achieve the sale at the end. For **example**, nothing happens without first attracting attention, a point ignored by people looking for a mate.

Attention stage is even more critical in crowded and highly competitive environments such as nightclubs and going out for dating. And while **not** technically part of **body language**, environment is a vital aspect of dating and mating.

The **environment** in which the dating activity is pursued equates to market / women or men audience - targeting. People seeking a mate are effectively marketing themselves.

Commonly people head to where everyone else goes - to nightclubs looking for a date - but crucially these environments are highly unsuitable markets for many people, for instance those **not** good at dancing, and those **not** good at writing and communicating.

Just as a business needs to find the best markets and ways of reaching its target audience, so in dating people can seek any of the environments where they can best display their strengths and where relevant 'buyers' or in this case women or men targets will be. Knowing about **flirting body language** becomes more useful in a favorable environment. For some female indications of interest in a male.

Females have very many more ways of attracting attention to themselves than males, and so are able to express interest and availability in far more ways than males tend to do. Female interest in males is relatively selective. Male interest in females is by comparison constant and indiscriminate.

This is due fundamentally to human mating behavior, evolved over many thousands of years, in which essentially women control the chase and the choice, and men respond primarily to female availability and permissions.

Differences in behavior perhaps mainly exist because females produce one viable egg per month, about 500 in a lifetime, whereas males make several hundred sperm every day. As with interpreting **body language** generally, beware of concluding anything based on a single signal.

Clusters of signals are more reliable. Foot pointing, knee pointing, and leg-crossing signals can all be due simply to comfort, rather than expressions of interest or **sexual** appeal.

Aside from the specific **flirting** and **sexual** attraction signs below, females also express interest using the general signaling. Explained in the earlier sections, e.g., prolonged direct eye contact, active responsive listening.

Attentive open postures and body positions, etc. Here are the most common female **flirting body language** signals and meanings.

That is according to experts on the subject: eye contact - anything more than a glance indicates initial interest.

Eye catch and look away - establishing eye contact then looking away or down is said by many experts to be the standard initial signal of interest designed to hook male reaction. The reliability of the signal meaning is strengthened when repeated and / or reinforced with longer eye contact.

Eye-widening - interest, simultaneously increasing attractiveness / appeal. Eyelash flicker - subtle movement of eyelashes to widen eyes briefly. Pupil dilating - interest, liking what is seen, arousal. Looking sideways up - lowering head, slightly sideways, and looking up.

Also known as doe-eyes, with eyelashes normally slightly lowered - displays interest and vulnerability / coyness, shoulder glance - looking sideways towards the target over the shoulder signals availability, and hence interest.

Smiling - obvious sign of welcoming and friendliness. Moistening lips - lips are significant in signaling because (psychologists say) they mimic the female labia.

Hence the potency of red lipstick (suggesting increased blood flow). And moistening / licking the lips. Parted lips - significant and potent attraction signal.

Preening - especially of hair, which exposes the soft underarm.

Flicking hair - often combined with a slight tossing movement of the head. Canting (tilting) head - also exposes neck. Showing inner wrist or forearm - a soft vulnerable area and erogenous zone.

Straightening posture - standing taller, chest out, and stomach in - a natural response to feeling the urge to appear more appealing.

Self-touching - drawing attention to sexually appealing parts of the body; neck, hair, cleavage, thigh, crouch etc. - additionally self-touching is said to represent transference / imagining of being touched. And of course, demonstration of what it would be like for the target to do the touching; teasing in other words. Self-thigh-stroking - usually while sitting down - is the same almost as self-touching.

Standing opposite - normally a confrontational positioning, but in flirting allows direct eye contact and optimizes engagement.

Refer also to personal space rules: less than 4-foot between people is personal; less than 18-inches is intimate and only sustainable when there is some mutual interest - attraction.

Leaning forward - sitting or standing; forwards towards a person indicates interest and attraction. Foot pointing - direction can indicate person of interest.

Knee pointing - as foot pointing. Leg twine - a tight-leg cross 'aimed' (combined with eye contact) at a target, or when sitting one-to-one, increases sexual allure since it emphasizes leg shape and tone.

When employed flirtatiously, female leg crossing and uncrossing has obvious sexual connotations and stimulates basic urges in males.

Shoe-dangling - positive signal of relaxation or of greater promise, especially if the foot thrusts in and out of the shoe.

Pouting - pouting involves tightening the lips together; the tongue rises to the roof of the mouth as if ready to swallow.

Pouting displays various emotions, **not** always a **sexual** one, for **example** projection of the lower lip indicates upset. An attraction pout looks more like the initial forming of a kiss.

Picking fluff - removing fluff, hair, etc., from the target's clothes is playing in the intimate personal space zone, in which the fluff picking is merely a pretext or excuse. Fondling cylindrical objects - phallic transference, for instance using pens, a dangling earring, even maybe a wine glass stem, etc.

Mirroring - mirroring or synchronizing gestures and positions is a signal of interest and attraction.

When considering **body language** in such detail, **remember** that males and females rely greatly on conversation and verbal communication to determine mutual attraction as soon as the situation allows.

Body language in **flirting** can be significant in indicating a strong match, but just as easily can merely be initial **flirting** stage, which progresses **no**, further because other (**infinitely variable**) personal or situational criteria on either or both sides are **not** met.

Also bear in mind that a lot of **flirting** happens for fun with **no** intention of proceeding to **sexual** or any romantic attachment. The purpose of these few sheets is chiefly to explain **body language** signals, **not** to explain human relationships.

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How To Manipulate Emotions | Timon Krause | TEDxFryslân

"Born in Germany, trained in New Zealand and now based in Amsterdam, Timon Krause has already traveled every continent with his show. He studied at the Paul van Vliet Academy for performing arts and cabaret in the Hague as well as Philosophy in Amsterdam. He is currently studying for his masters degree in Philosophy in Leiden.

Timon has found the love of his life in magic. He published his first book on mindreading when he was merely 16 years old. He is the current holder of the title 'Best European Mentalist' and the youngest mind reader to have been awarded this title – ever!

His career so far includes several live TV performances on national television, theater tours in Germany, the Netherlands and New Zealand, competing at several championships including the World Championships of Magic, numerous radio performances, the release of several specialist publications and a decade of experience as a performer."

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<https://www.youtube.com/watch?v=ZucVXYoegVU> 18 ½min

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Male interest in females. = As stated earlier there are reasons for the relative sparseness of male signals compared to female **flirting** signals. Most men are interested perpetually in most women.

And therefore, the male signals are generally designed to attract the attention of any females, rather than directed at one female in particular. Male interest is basically always switched on and ready to respond to opportunity when female availability and interest are signaled and noticed. Men believe they take the lead, but actually mostly women do.

Male signals of interest in females essentially follow normal **body language** rules. For **example**, widening eyes, dilated pupils, forward leaning, prolonged direct eye contact, active listening reactions, and these come into play once eye contact and/or proximity is established.

The most prevalent signals males use to announce their availability and attract female attention are summarized here. Under many circumstances these might be categorized under the headings 'pathetic' or 'amusing'.

The male of the species, despite a couple of million years of evolution, has yet to develop much subtle **body language** in this area.

Posturing - erect stance, chest out, shoulders back, and stomach in. Wide stance - legs apart (**standing or sitting**) - to increase a person's size. Cowboy stance - thumbs in belt loops, fingers pointing to genital area.

Hands in pockets - thumbs out and pointing to genitals. 'Chest-thumping' - a metaphor describing various male antics designed to draw attention to themselves, often involving play-punching or wresting other males, laughing too loudly, head-tossing, acting the fool, etc.

Room scanning - males who are available and looking for females tend to scan the room, partly to look for available females, but also to indicate they are available themselves. Dress - clothing: style, fit, cleanliness, etc.

It is all an extension of personality and is therefore part of **body language**. Preening and grooming - adjusting clothes, ties, cuffs, sleeves, tugging at trouser crotch, running hands through or over hair, etc. Also, may be looking or checking for someone watching them.

Smell - certain smells are attractive to females but it's a complex and highly personal area yet to be understood well.

{Learn this stuff good because you are going with us and are **not** to get killed.}

Males tend to react to obvious signs of availability shown by females but miss many subtle signals. Females give lots of subtle signals, tend **not** to repeat them too often, and infer lack of interest in a male failing to respond. It's a wonder that anyone gets together at all. The fact that most people's action confirms that courtship is more complex than we readily understand.

Autonomic / automatic signals - effectively involuntary stress-induced physiological behaviors, such as crying, shaking, blushing, quickened pulse-rate, and in extreme cases retching, vomiting, fainting, etc.

Involuntary in the sense that it is virtually impossible to control these signals because they are controlled by the very basic part of the brain responsible for our most basic bodily functions.

Breathing rate is perhaps the exception, which while in many cases will speed as a physiological response to stress, can often be controlled and slowed or deepened given suitable conscious effort.

Buttress stance - weight-bearing leg is straight, while the front leg is forward, usually with the foot pointing outwards from the body. Regarded as a signal of reluctance or readiness to depart.

Cluster - term for a group of **body language** signals, which more reliably indicate meaning or mood than a single signal.

Erogenous zone - any part of the human body particularly sensitive to touching and **sexual** arousal. Erogenous zones contain high concentration of nerve endings and are significant in **flirting** and loving **sexual** contact.

Aside from the obvious genital areas and bottoms and breasts, erogenous zones include necks, inner side of arms and wrists, armpits and lips. Mime / miming gestures - gestures used consciously to convey a specific message, such as extending the thumb and little finger by the ear to say, "Phone me," or wiping imaginary sweat from the brow to express relief after a crisis subsides.

Palm - inside surface of the hand - significant in **body language** because an open palm has for thousands of years indicated that **no** weapon is concealed, which survives as perhaps a genetically inherited signal of peace, cooperation, submissiveness, etc.

The branch of biology concerned with how living organism function, notably parts of the human body.

Physiological signals - **body language** produced by the unconscious basic brain part.

Which controls bodily functions, which in **body language** can be signals such as sweating, blushing, breathlessness, yawning, weeping, feeling faint, nauseous, repulsion, etc.

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How Your Brain Falls In Love | Dawn Maslar | TEDxBocaRaton

For centuries poets and philosophers have speculated what causes two people to fall in love. Now, Biologist Dawn Maslar M.S. puts an innovative twist on this age-old **question**. Science can now take the mystery out of love. Thanks to latest neuroscience we can finally explain how your brain falls in love.

In this innovative twist on this age-old question, Maslar explores the latest neuroscience and explains how your brain falls in love.

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<https://www.youtube.com/watch?v=eyq2Wo4eUDg> 12 min

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Body Language

8 Ways to Read Someone's **Body Language**

What people say to you goes way beyond their words.

Body language provides an amazing amount of information on what other people are thinking if you know what to look for. And who **hasn't** wanted to read people's minds at some point?

You already pick up on more **body language** cues than you're consciously aware of. UCLA research has shown that only 7% of communication is based on the actual words we say. As for the rest, 38% comes from tone of voice and the remaining 55% comes from **body language**. Learning how to become aware of and to interpret that 55% can give you a leg up with other people.

When you're working hard and doing all you can to achieve your goals, anything that can give you an edge is powerful and will streamline your path to success.

TalentSmart has tested more than a million people and found that the upper echelons of top performance are filled with people who are high in emotional intelligence (**90% of top performers, to be exact**). These people know the power that unspoken signals have in communication, and they monitor **body language** accordingly.

Next time you're in a meeting (**or even on a date or playing with your kids**), watch for these cues:

1. Crossed arms and legs signal resistance to your ideas. Crossed arms and legs are physical barriers that suggest the other person is **not** open to what you're saying. Even if they're smiling and engaged in a pleasant conversation, their **body language** tells the story. Gerard I. Nierenberg and Henry H. Calero videotaped more than 2,000 negotiations for a book they wrote on reading **body language**, and **not** a single one ended in an agreement when one of the parties had their legs crossed while negotiating. Psychologically, crossed legs or arms signal that a person is mentally, emotionally, and physically blocked off from what's in front of them. It's **not** intentional, which is why it's so revealing.

2. Real smiles crinkle the eyes. When it comes to smiling, the mouth can **lie** but the eyes **can't**. Genuine smiles reach the eyes, crinkling the skin to create crow's feet around them. People often smile to hide what they're really thinking and feeling, so the next time you want to know if someone's smile is genuine, look for crinkles at the corners of their eyes. If they **aren't** there, that smile is hiding something.

3. Copying your **body language** is a good thing. Have you ever been in a meeting with someone and noticed that every time you cross or uncross your legs, they do the same?

Or perhaps they lean their head the same way as yours when you're talking?

That's actually a good sign. Mirroring **body language** is something we do unconsciously when we feel a bond with the other person. It's a sign that the conversation is going well and that the other party is receptive to your message. This knowledge can be especially useful when you're negotiating, because it shows you what the other person is really thinking about the deal.

4. Posture tells the story. Have you ever seen a person walk into a room, and immediately, you have known that they were the one in charge? That effect is largely about **body language**, and often includes an erect posture, gestures made with the palms facing down, and open and expansive gestures in general. The brain is hardwired to equate power with the amount of space people take up. Standing up straight with your shoulders back is a power position; it appears to maximize the amount of space you fill. Slouching, on the other hand, is the result of collapsing your form; it appears to take up less space and projects less power. Maintaining good posture commands respect and promotes engagement, whether you're a leader or **not**.

5. Eyes that **lie**. Most of us probably grew up hearing, "Look me in the eye when you talk to me!" Our parents were operating under the assumption that it's tough to hold someone's gaze when you're **lying** to them, and they were right to an extent. But that's such common knowledge that people will often deliberately hold eye contact in an attempt to cover up the fact that they're **lying**. The problem is that most of them overcompensate and hold eye contact to the point that it feels uncomfortable. On average, Americans hold eye contact for seven to ten seconds, longer when we're listening than when we're talking. If you're talking with someone whose stare is making you squirm -- especially if they're very still and unblinking -- something is up and they might be **lying** you.

6. Raised eyebrows signal discomfort. There are three main emotions that make your eyebrows go up: surprise, worry, and **fear**. Try raising your eyebrows when you're having a relaxed casual conversation with a friend. It's hard to do, **isn't** it? If somebody who is talking to you raises their eyebrows and the topic **isn't** one that would logically cause surprise, worry, or **fear**, there is something else going on.

7. Exaggerated nodding signals anxiety about approval. When you're telling someone something and they nod excessively, this means that they are worried about what you think of them or that you doubt their ability to follow your instructions.

8. A clenched jaw signals stress. A clenched jaw, a tightened neck, or a furrowed brow are all signs of stress. Regardless of what the person is saying, these are signs of considerable discomfort. The conversation might be delving into something they're anxious about, or their mind might be elsewhere and they're focusing on the thing that's stressing them out. The key is to watch for that mismatch between what the person says and what their tense **body language** is telling you.

Bringing It All Together

The bottom line is that even if you **can't** read a person's exact thoughts, you can learn a lot from their **body language**, and that's especially **true** when words and **body language** **don't** match.

What other **body language** clues do you look for?

Please share your thoughts in the comments section, as I learn just as much from you as you do from me.

<https://www.inc.com/travis-bradberry/8-great-tricks-for-reading-peoples-body-language.html>

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Select the right relationship | Alexandra Redcay | TEDxUpperEastSide

Are you ready to talk about relationships?

Alexandra Redcay is the executive director to Serise, Inc. She can be found at Seriseinc.com

Alexandra has over 18 years of direct practice, management, and training experience working in mental health, substance abuse, child welfare, juvenile justice, and education systems. She is an expert consultant in establishing healthy relationships.

In the **spirit** of ideas worth spreading, TEDx is a program of local, self-organized events that bring people together to share a TED-like experience. At a TEDx event, TEDTalks video and live speakers combine to spark deep discussion and connection in a small group. These local, self-organized events are branded TEDx, where x = independently organized TED event. The TED Conference provides general guidance for the TEDx program, but individual TEDx events are self-organized.* (***Subject to certain rules and regulations**)

<https://www.youtube.com/watch?v=jodhovumkHQ> 18 min

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How to Read **Body Language** – Revealing the Secrets Behind Common Nonverbal Cues

Continue scrolling to find a detailed guide about reading **body language**.

Whether at the office or out with friends, the **body language** of the people around you speaks volumes. It has been suggested that **body language** constitutes more than 60% of what we communicate, so learning to read the nonverbal cues people send is a valuable skill. From eye behavior to the direction in which a person points his or her feet, **body language** reveals what a person is really thinking. Below are valuable tips to help you learn how to read **body language** and better understand the people you interact with. Read the full article to learn all 8 common **body language** cues.

Study the Eyes



Eye behavior can be very telling. When communicating with someone, pay attention to whether he or she makes direct eye contact or looks away. Inability to make direct eye contact can indicate boredom, disinterest, or even deceit – especially when someone looks away and to the side. If a person looks down, on the other hand, it often indicates nervousness or submissiveness. Also, check for dilated pupils to determine if someone is responding favorably toward you.

Pupils dilate when cognitive effort increases, so if someone is focused on someone or something they like, their pupils will automatically dilate. Pupil dilation can be difficult to detect, but under the right conditions you should be able to spot it.

A person's blinking rate can also speak volumes about what is going on internally. Blinking rate increases when people are thinking more or are stressed.

In some cases, increased blinking rate indicates lying – especially when accompanied by touching the face (**particularly the mouth and eyes**). Glancing at something can suggest a desire for that thing. **For example**, if someone glances at the door this may indicate a desire to leave. Glancing at a person can indicate a desire to talk to him or her. When it comes to eye behavior, it is also suggested that looking upwards and to the right during conversation indicates a **lie** has been told, while looking upwards and to the left indicates the person is telling the **truth**. The reason for this is that people look up and to the right when using their imagination to concoct a story and look up and to the left when they are recalling an actual memory.

Gaze at the Face – **Body Language** Touching Mouth or Smiling



Although people are more likely to control their facial expression, you can still pick up on important nonverbal cues if you pay close attention. Pay particular attention to the mouth when trying to decipher nonverbal behavior. A simple smile **body language** attraction technique can be a powerful gesture. Smiling is an important nonverbal cue to watch for.

There are different types of smiles, including genuine smiles and fake smiles. A genuine smile engages the whole face, whereas a fake smile only uses the mouth. A genuine smile suggests that the person is happy and enjoying the company of the people around him or her. A fake smile, on the other hand, is meant to convey pleasure or approval but suggests that the smiler is actually feeling something else.

A “half-smile” is another common facial behavior that only engages one side of the mouth and indicates sarcasm or uncertainty. You may also notice a slight grimace that lasts less than a second before someone smiles. This typically suggests that the person is hiding his or her dissatisfaction behind a fake smile. Tight, pursed lips also indicate displeasure, while a relaxed mouth indicates a relaxed attitude and positive mood. Covering the mouth or touching the lips with the hands or fingers when speaking may be an indicator of **lying**.

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SUBCONSCIOUS SIGNALS OF **BODY LANGUAGE** | HOW TO READ PEOPLE

Find out how to read people using the subconscious signals of **body language**, childhood experience, introversion, extroversion and more.

With enough practice, the ability to read anyone is like something a Marvel character would have, and when used properly, it can give you a huge edge over the competition and help you achieve your dreams.

The information in this video can help you read people and their personality, so you can piece together the puzzle and know yourself and others better.

<https://www.youtube.com/watch?v=HR7bVnWPa6Q> 14 ½ min

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Pay attention to proximity



Proximity is the distance between you and the other person. Pay attention to how close someone stands or sits next to you to determine if they view you favorably. Standing or sitting in close proximity to someone is perhaps one of the best indicators of rapport. On the other hand, if someone backs up or moves away when you move in closer, this could be a sign that the connection is **not** mutual. You can tell a lot about the type of relationship two people have just by observing the proximity between them.

Keep in mind that some cultures prefer less or more distance during interaction, so proximity is not always an accurate indicator of affinity with someone.

See if the other person is mirroring you



Mirroring involves mimicking the other person's **body language. When interacting with someone, check to see if the person mirrors your behavior. For example, if you are sitting at a table with someone and rest an elbow on the table, wait 10 seconds to see if the other person does the same. Another common mirroring gesture involves taking a sip of a drink at the same time. If someone mimics your **body language**, this is a very good sign that he or she is trying to establish a rapport with you. Try changing your body posture and see if the other person changes theirs similarly.**

Observe the head movement



The speed at which a person nods their head when you are speaking indicates their patience – or lack of. Slow nodding indicates that the person is interested in what you are saying and wants you to continue talking. Fast nodding indicates the person has heard enough and wants you to finish speaking or give him or her a turn to speak. Tilting the head sideways during conversation can be a sign of interest in what the other person is saying. Tilting the head backward can be a sign of suspicion or uncertainty. People also point with the head or face at people they are interested in or share an affinity with.

In groups and meetings, you can tell who the people with power are based on how often people look at them. On the other hand, the less-significant people are looked at less often.

Look at the other person's feet



A part of the body where people often “leak” important nonverbal cues is the feet. The reason people unintentionally communicate nonverbal messages through their feet is because they are usually so focused on controlling their facial expressions and upper body positioning that important clues are revealed via the feet. When standing or sitting, a person will generally point their feet in the direction they want to go. So, if you notice that someone's feet are pointed in your direction, this can be a good indication that they have a favorable opinion of you. This applies to one-on-one interaction and group interaction. In fact, you can tell a lot about group dynamics just by studying the **body language of people involved, particularly which way their feet are pointing. In addition, if someone appears to be engaged in conversation with you, but their feet are pointing in the direction of someone else, it's likely he or she would rather talk to that person (**regardless if the upper body cues suggest otherwise**).**

Watch for hand signals



Like the feet, the hands leak important nonverbal cues when looking a **body language**. This is an important tip when reading **body language** so pay close attention to this next part. Observe **body language** hands in pockets when standing. Look for particular hand signals, such as the other person putting their hands in their pockets or hand on head. This can indicate anything from nervousness to outright deception. Unconscious pointing indicated by hand gestures can also speak volumes. When making hand gestures, a person will point in the general direction of the person they share an affinity with (**this nonverbal cues is especially important to watch for during meetings and when interacting in groups**).

Supporting the head with the hand by resting an elbow on the table can indicate that the person is listening and is holding the head still in order to focus. Supporting the head with both elbows on the table, on the other hand can indicate boredom. When a person holds an object between him or her and the person they are interacting with, this serves as a barrier that is meant to block out the other person. For **example**, if two people are talking and one person holds a pad of paper in front of him or her, this is considered a blocking act in nonverbal communication.

Examine the position of the arms



Think of a person's arms as the doorway to the body and the self. If a person crosses their arms while interacting with you, it is usually seen as a defensive, blocking gesture. Crossed arms can also indicate anxiety, vulnerability, or a closed mind. If crossed arms are accompanied by a genuine smile and overall relaxed posture, then it can indicate a confident, relaxed attitude.

When someone places their hands on their hips it is typically used to exert dominance and is used by men more often than women. The above tips can give you insight into the **true** motives behind people's behavior, but it is **not** foolproof. When analyzing **body language**, keep in mind that these techniques will not apply to all people 100% of the time. Certain factors such as culture and a person's general **body language** habits must be taken into consideration to accurately decode nonverbal cues. Become a confident, articulate, and effective communicator by earning a degree at Fremont College.

Fremont College offers degree programs in [Multimedia Design](#), [Business Leadership](#), [Paralegal Studies](#), and [Sports Therapy](#).

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Your **body language** may shape who you are | Amy Cuddy

Body language affects how others see us, but it may also change how we see ourselves. Social psychologist Amy Cuddy argues that "power posing" -- standing in a posture of confidence, even when we **don't** feel confident -- can boost feelings of confidence and might have an impact on our chances for success. (**Note:** Some of the findings presented in this talk have been referenced in an ongoing debate among social scientists about robustness and reproducibility.) Read Amy Cuddy's response here: <http://ideas.ted.com/inside-the-debat...>)

https://www.youtube.com/watch?v=Ks-_Mh1QhMc 21 min

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Isn't It Romantic? The Science Behind Falling in Love

When it comes to falling in love many of us follow our hearts as opposed to listening to what our brains have to say about choosing a mate. However, the actual act of falling in love with another human being has much more to do with the brain than the ol' ticker. After all, feeling love, arousal, and attraction for another person is a chemical response initially triggered by the brain.

With Valentine's Day, the day for lovers, fast approaching, let's give the brain its just desserts (**as sinfully delicious as they might be**) when it comes to assisting all matters of love...

1. Falling in Love: The Chemical Response

You might have very well felt the sweat on your brow, a tickle in your groin, a warm flush to your face, and a shot through the heart when you first laid eyes on your amour, but that initial "love at first sight" feeling is actually thanks to a chemical response triggered by the brain.

According to psychologists at Atlanta, Georgia's Emory University School of Medicine, when you first meet eyes with the man or woman of your dreams across a crowded room, the brain emits three essential chemicals — dopamine, oxytocin, opiates, as well as a few others, which make you feel struck by Cupid's arrow.

2. Dopamine: The Arousal Chemical

Famous neuroscience researcher, Helen Fisher, devoted her academic career to examining what goes on in the brains of humans who fall in passionate, romantic love. She found that the first ingredient in the love elixir is dopamine, a brain chemical that triggers feelings of exhilaration, pleasure, and excitement (**and is also emitted after sex and when doing recreational drugs, like cocaine**).

A study published by the National Institutes of Health, conducted on both mammals and birds, determined that romantic attraction is guided by a dopaminergic reward system. Using functional magnetic resonance imaging (**or MRIs**), scientists monitored the arousal, **sex** drive, and romantic motivations of 17 people “in love,” and found that attraction to the object of affection was initially experienced in the right ventral tegmental area and right caudate nucleus, both dopamine-rich areas associated with mammalian reward and motivation.

3. Oxytocin: The Cuddle Bug Chemical

Oxytocin, **no I don't** mean oxycodone (**the pain relieving drug**), has been dubbed the “cuddle hormone” and the secret to enduring love by psychologists at Israel’s Bar-Ilan University, for very adorable reasons. Oxytocin is the same chemical emitted by mother and child during the initial bonding period.

However, oxytocin is also released between romantic partners. Research, published by Bar-Ilan University psychology professor, Ruth Feldman, in the journal *Psychoneuroendocrinology*, **notes** that, “When couples fall in love, the increase in oxytocin is at the highest levels we’ve ever found.” Dr. Feldman says that newfound lovers release 50-percent more oxytocin compared to pregnant women.

4. Opiates: The Warm-Fuzzy Chemical

Opiates — yes, the same brain chemicals released when we’re having **sex** or taking drugs (i.e., **heroin**) — result in a comfortable, safe, warm-fuzzy sort of feeling, according to psychology studies from Emory University School of Medicine, in Atlanta, Georgia.

Along with oxytocin (**the bonding ingredient**) and dopamine (**which arouses excitement**), opiates are the final element that trigger our brain’s reward system and zeroes us in our love interest — with a series of visual (**sight**), auditory (**sound**), and olfactory (**or smell**) cues.

5. Adrenaline: The Love Struck Chemical

The term “love struck” can be explained easily by the neurotransmitter adrenaline, according to Dr. Reginald Ho, a cardiac electro-physiologist at Philadelphia’s Thomas Jefferson University Hospital. Feelings of love trigger a stress response — causing adrenalin and cortisol levels to spike.

For instance, a pending date with a newfound love might cause your heart to race, your palms to sweat, your mouth to become parched, and your face to flush. Or the first glimpse of a new beloved can send your heart into pitter-patter mode when the brain causes the adrenal gland to secrete adrenaline (**and epinephrine and norepinephrine**) into the bloodstream.

6. Serotonin: The Smitten Chemical

You **can't** forget about serotonin when it comes to a thoughtful love connection, claims Helen Fisher, a professor at Rutgers University, who studied the biochemical pathways of love in all manifestations (**romance, lust, attachment, etc.**).

Fisher points out that this important chemical keeps your thinking about your lover — and often neglecting everything else. A supporting Italian study, published in the National Institutes of Health, conveys that love impacts the serotonin system by causing serotonin (**5-HT**) levels to drop and obsessive, neurotic, obsessive-compulsive thinking about your lover to take over your brainwaves.

7. The Law of Attraction

Sure, the “law of attraction” certainly sounds romantic, but organic chemists at the University of Pennsylvania’s Monell Center prefer to measure love quantitatively — linking that rare feeling of love to a reward system in the brain, one that’s specifically wired to draw us to potential mates.

While animals rely on pheromones for mate selection — scientists claim humans rely on a chemical release (**of oxytocin, dopamine, and opiates**) that enters the body via the nose and activates the amygdala and hypothalamus areas of the brain, which stimulate feelings of emotion, attraction, and **sexual** arousal to another human.

8. Love is a Drug

It turns out that comparing love to a drug or a type of addiction **isn't** that far off, according to neuroscientist, Dr. Stephanie Ortigue, the co-author of a 2010 study on the neuroscience of love, who determined that love can occur in just one-fifth of a second.

This “love at first sight” phenomenon is really a mixture of euphoria-inducing chemicals (**oxytocin, dopamine, opiates, and adrenaline**) in the brain that hit us like a stab of Cupid’s arrow or a drug (**like cocaine**).

https://www.activebeat.com/your-health/isnt-it-romantic-the-science-behind-falling-in-love/?utm_medium=cpc&utm_source=google&utm_campaign=AB_GGL_US_DESK-SearchMarketing&utm_content=g_c_228965277578&cus_widget=&utm_term=body%20language%20of&cus_teaser=kwd-1200415844&utm_acid=3040947159&utm_caid=366485318&utm_agid=26844604358&utm_os=&gclid=EA1aIQobChMIpayP_Oy04QIVULbACh1Ekg76EAMYASAAEgLVCPD_BwE

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How to Read Female **Body Language** and Decode Women

It's time to put an end to second guessing and learn the flirt signals and **body language** to look out for when someone is interested.

Have you ever felt like someone was sending you signs that they were attracted to you, but you **weren't** positive? Maybe it seemed like they were interested, but you **weren't** sure?

At least 60% of our overall communication is done through **body language** and nonverbal communication; so, it is definitely time to start leaning into those flirt signals and practice reading **body language**! In this video, I am going to teach you how to decode and interpret the **body language** of the females in your life, from your partner to your boss to your friend.

Want more details? <https://www.scienceofpeople.com/2013/...>

<https://www.youtube.com/watch?v=IV2RTqrJ354> 7 min

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Reasons to Fall out of Love with Toxic Relationships

When we're "in love" or think we're in love with someone, it's sometimes difficult to recognize the signs that you're **not** being treated as well as you should be. Sometimes we need to take a step back or have trusted friend point out some warning signs.

Unacceptable behavior in a relationship can be physical or psychological, and sometimes we can bury the behavior for fear of losing the relationship. However, staying in a toxic relationship can be damaging over the long-term. Here are 13 signs that you're in an unhealthy partnership...

1. There's a Lack of Communication

It's **not** necessarily a **bad** thing when two people want to spend time on their own or are content with just being in the room together. However, when a partner **no** longer verbally communicates with you, it could be a sign they **no** longer want to confide in you, which could lead to resentment on both sides.

A lack of talking things out can lead to blow-ups (i.e., **pointless fights**) because feelings **haven't** been expressed, **notes** Elite Daily. This type of fighting **doesn't** lead to any solutions, adds the source. If either of you **don't** want to talk or even be in the same room, it's probably best to break it off.

2. You Feel Defensive All The Time

If the hairs on your neck are up and you're always anticipating an argument or insult from your partner, then it's time to change course.

You should feel comfortable and encouraged by your significant other, **not** having to constantly have a shield up, points out Canadian Living magazine.

This can lead to you avoiding being around your partner or developing a **negative** self-image. This is **not** what a relationship should be about; there are plenty of careless people out there to try and bring you down. Your partner's company should be a safe and protected place to be.

3. He / She **Doesn't** Encourage Your Passions

Your partner may **not** care about knitting or gardening, but they also **won't** poke fun at the fact that you love doing those things. They will take an interest in your interests, even if it's just to understand what makes you tick.

If you **don't** feel like you're able to enjoy your pastime or chase professional goals that will bring you fulfillment due to a lack of support from your partner, then you may be better off finding someone who will embrace your interests rather than dismissing them.

4. He / She **Doesn't** Accept Your Flaws

Everyone has flaws, even the Dalai Lama. So, **don't** try to be perfect for your partner because your idiosyncrasies annoy them. There's a certain amount of tolerance that should be built into a healthy relationship.

[Observer.com](#) notes that the longer we're in a relationship, the more our "less-than-stellar qualities" will float to the surface. A good partner may open a dialogue about some of these characteristics but will recognize you're human and **shouldn't** have to be flaw-free. He or she will motivate you to become a better person because you want to be, not because they demand it, notes the source.

5. They're **Not** Your Brand of 'Crazy'

Everyone has their own unique quirks, and they may **not** be compatible with their partner's. In particular, some people **don't** share the same sense of humor, and rather than giggling at a partner's jokes, just roll their eyes.

If you love puns, for **example**, your partner should at least be able to tolerate them and even high-five you if you throw out a zinger. As the Huffington Post points out, it's really **no** fun if your partner never laughs with you or gets overly serious about a situation you find amusing.

6. They're Hung Up On An **Ex**

When you're in a committed relationship, your partner should be all-in, and **not** only have one foot in the door and the other in their past life. That could indicate they're still **not** over a past love and could be consciously or unconsciously comparing you to them.

It's unfair to live up to a past relationship (**each has its own strengths**) or be scolded for assumed behavior that your partner's ex displayed.

Talking about your **ex** with your current partner is okay as a mutual exercise or to help your significant other to understand some of your relationship quirks. However, neither of you should mention them constantly or be sending them daily Facebook messages.

7. **No** Acknowledgement of Your Friends/Family

No one person should be an island, and even a healthy relationship requires you and your partner to spend time with others once in a while. Dr. Nerdlove [explains](#) that although we all go through the “honeymoon” phase where we **can’t** get enough of each other, there should be a time when others in our lives are acknowledged too.

Dr. Nerdlove says it’s important to the health of your relationship to have relationships outside of your romantic partner. It’s a **red** flag if your significant other tries to sabotage plans with your friends so you’ll only spend time with them or **doesn’t** respect your need to visit family or friends.

8. Engaging in Risky Behavior

As [Psychology Today puts it](#), at one time in your life you might be attracted to someone that’s “**bad**,” but in an adult relationship, it **doesn’t** work so well – especially when there’s a family to support.

These **bad** behaviors can be anything from smoking, drinking too much, or even driving like a maniac for a thrill. If your partner is engaging in damaging behaviors, then it’s time to find a solution, or walk out the door before things get out of hand.

9. **Not** Being Truthful

This one should be pretty self-explanatory, but unfortunately it **isn’t** in many cases. If your partner is **lying** about something or holding back something from you, then it will probably feel **worse** when you find out about it in another way other than from their mouth, warns Psychology Today.

The source gives the advice from the perspective of the partner that is being dishonest: “Give up dishonesty, and your relationship can change very quickly. Stay with it, and your mate will lose all trust in you and your partnership.”

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Body Language "Experts" | Can They Actually Detect Deception?

This video attempts to answer the **question**: Can **body language** be used to detect deception or reveal other details about thinking, feelings, or behavior?

There are a number of so-called **body language** “experts” who claim that **body language** reveals information unconsciously and believe they have the ability to decode this language. These individuals claim that they can read posture facial expressions and body movements to uncover information that’s **not** communicated verbally.

A number of gestures have been ostensibly been connected to specific motives or behaviors: closing one's eyes, scratching the neck, touching the nose, covering the mouth, **not** making eye contact, making too much eye contact, rate of speech, crossed arms, and blink rate. Although many of these body gestures have meaning, they **can't** be used to reliably detect deception.

<https://www.youtube.com/watch?v=9pby8L3aIww> 16 min

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10. There's a Lack Of Trust

Of course, this can be tied to a partner lying to you or cheating on you for that matter. "Trust is one of the most important parts of any relationship and when you lose that, it's almost certainly time to end the relationship," [explains Lifehack.org](#).

A lack of trust can be when you're **questioning** your partner's "motives, abilities and reasons all the time," it adds. A mutual distrust on both sides can quickly bring down the foundation of the relationship, and jealousy, anger, and other **negative** emotions can start to replace the trust, it warns.

11. You **Can't** Envision a Future Together

We're **not** just talking about marriage, because as Lifehack says, marriage is **not** for everyone. However, even if you **don't** plan to get married to your current partner, try to envision a life where you are married, and gauge how you feel about it. If you feel **terror** and dread instead of feelings of comfort and happiness, then there's definitely a problem, it **notes**.

Even if you're just looking for a serious and stable relationship, if you're feeling "panic and **fear**" when you envision your future together, it could be a sign it is coming to a **dead** end and you should move on, even if the other person seems committed, it adds. It's "**not** fair" to drag it out if you **don't** think the relationship will last, says the source.

12. **Flirting** Goes Too Far

Listen – we're **not** going to be totally unrealistic and say that you **won't** find another human attractive, even when you're in a stable relationship.

Your partner most likely feels the same, because they're also human (**we're assuming**), but **flirting** can go too far and cross over to cheating.

[Huffington Post says](#) the literal dictionary term of **flirting** is showing attraction to someone without the intention of being taken seriously. There's "innocent **flirting**," which can be motivated by the desire to boost ego, and then there's feeling out whether one has a chance with someone else either romantically or **sexually**.

If your partner is keeping their **flirting** secret or has started becoming emotionally intimate with someone else (**confiding in them**), then there could be rocks ahead in the relationship. If you're the one doing the excessive **flirting**, then you should ask yourself why.

13. They Become Another Person

As Lifehack **notes**, shared ideals and dreams can shift over time, and that can make you feel like you **don't** really know your partner anymore. "The final nail in any relationship's coffin is the realization the person you thought you were going to spend the rest of your life with is a stranger to you," it explains.

You may still have the warm and fuzzies when you think about all the good times you had together, but if you **don't** know the person you're with anymore, then it's probably time to get out, it **notes**. "Finding yourself lying next to a stranger who you used to call your one **true** love means you have to end the relationship or spend years in regret and **lying** to him and yourself about what you really want," it says.

<https://www.activebeat.com/your-health/7-reasons-to-fall-out-of-love-with-toxic-relationships/>

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10 Things You **Didn't** Know Your **Body Language** Means

<https://www.youtube.com/watch?v=jjQUNrvMn7I> 9 ½ min

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This part end – well for now. More soon to be added here.

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