

MSTP > 36 Adult Body Language

Marriage Second Time Plus . Org => A new Web Site:

A new Web Site: <http://marriagesecondtimeplus.org/>

Keep a **note** to where you **stopped** at in this PDF. So you can return to the same place.

This **PDF** has over 100 pages

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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/>

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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

4. 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!

6. 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!](#)

7. 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.

8. 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.
- 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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9. 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.

10. 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 yourself about yourself?

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

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If you dress like the ducks and you walk with the ducks, that is walk and talk like the local ducks then they, locals 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 the next Her for YOUR life. This Web Site 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 “Web Site” and its parts so far.

As a summary of the parts and up - coming **PDF** 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: One may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for only a small fee of \$1 for each month. If you like these **PDF** ideas and tips – please tell a few others.

Marriage Second Time Plus . Org => A new Web Site:

A new Web Site: <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.

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<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 crouch.

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

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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

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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

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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.

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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

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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

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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**).

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Watch for hand signals

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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.

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Examine the position of the arms

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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](#).

Flexible scheduling and online courses are available for those who have busy schedules, and all of our degree programs take just 15 months to complete. If you need help paying for school, [financial aid](#) is also available to those who qualify.

Contact us today to learn more about our degree programs and how Fremont can prepare you for a rewarding career or take our free online career test to determine the career that best fits your personality and interests.

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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](https://www.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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22 **Body Language Examples** And What They Show

We use **body language** whenever we communicate face to face. It's nonverbal language that emphasizes or alters the meaning of the direct language we use. We speak to others through our body movements, posture, eye contact, hand gestures, tone and volume of voice, facial expressions, and microexpressions that hold meaning for us as well as for our audience.

The Power Of **Body Language**

Using **positive body language** can help you get what you want if you know how to use it. It can land you a job, help you sell your house, win an argument, or even start a new relationship.

Negative body language, on the other hand, can keep you from getting the things you want. What's more, it can cause you to lose friends, miss out on opportunities at work, or offend people you want to impress.

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How Reliable Is **Body Language**?

Body language is not only powerful, it's usually reliable, too. **Body language isn't** completely reliable if the person expressing it knows how to manipulate it well. Consider the poker player who has perfected their **body language** to the point that the other players **don't** see their "tells."

Body language comes through most of the time whether you intend to reveal it or **not**. However, you need to be careful when assessing someone else's **body language**. What means one thing to one person might mean something entirely different to someone else.

Body Language Examples

The following **body language** examples are common. It's usually easy to discern their meaning once you've learned them.

2. Arms Crossed Across The Chest

Sitting or standing with your arms crossed across your chest is nearly always seen as defensive **body language**. When you do it, you're closed off and disengaged. You may appear angry or stubborn.

If you see someone holding this position, **remember** that it could indicate that the temperature where you are is too cold. It could also mean they're tired or simply supporting their shoulders in an armless chair.

2. Smile

Smiles can mean different things, depending on the exact facial expression. There are happy smiles, shy smiles, warm smiles, and ironic smiles. The Duchenne smile consists of pulling up the corners of your mouth while squeezing your eyes to make crow's feet. It's considered a genuine smile, as opposed to a fake smile where you just expose your teeth.

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When you display an authentic Duchenne smile, you let people know you're approachable and friendly.

3. Tapping Your Fingers

When you tap your fingers, you appear impatient and possibly nervous about waiting.

4. Tilting Your Head to One Side

When you tilt your head to the side, it usually means you're listening intently and deeply interested in finding out the information you're being told. It can also mean you're concentrating very hard.

5. Steepling Your Fingers

Holding your fingertips together and your palms apart let people know you have authority and control. Bosses and politicians use this gesture often to show they're in charge.

6. Crossing Your Legs

The way you cross your legs can tell others a lot about you and how you're feeling at any given moment. If you cross them at the ankle, it may show that you're trying to hide something. If you cross them at the knee but point your knees away from the other person, you show you're uncomfortable with them. In most cases, the best option is to plant your feet firmly on the floor.

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Body language examples (Tape)



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7. Pulling Your Ear

When you tug on your ear, it shows that you're trying to make a decision but just **hasn't** gotten there yet. You tend to look indecisive or noncommittal.

8. Putting Your Head In Your Hands

When you put your head in your hands, it might mean that you're bored, as if you're so weary of life that you just **can't** hold your head up anymore. Or, it can mean that you're upset or so ashamed you **don't** want to show your face.

9. Standing Up Straight

Standing erect with good posture shows you feel confident.

10. Gesturing with Your Hands Open and Palms Up

What you do with your hands makes a big difference in whether people trust you or **not**. Hold your hands open and gesture with your palms up to show that, **no**, you **don't** have anything hidden from them.

11. Eye Contact

You need to make eye contact with the person you're talking to if you want them to feel comfortable with the conversation and accept what you have to say. [Scientists suggest](#) that most people are comfortable with eye contact of about 3.2 seconds at a time if you're a stranger. When you become a friend, they usually **don't** mind having eye contact with you for longer at a time.

12. Looking Down

Looking at the floor or ground makes you appear weak and unconfident. Unless there's something you need to discuss down there, you need to keep your eyes on the level of the other person's face. When you break eye contact, as you should every few seconds, try looking to the side.

13. Rubbing Your Hands Together

Want to show how excited you are about a new project? Just rub your hands together vigorously.

14. Twisting Your Hair

Often, movies and TV shows use the gesture of twisting the hair to show flirting. That may be the meaning you get when someone twists their hair, especially if they look up at you through their lashes while they do it.

However, if you're in a job interview, you'll only look like your nervous and uncomfortable as you idly twist your hair.

15. Microexpressions

Microexpressions are extremely brief facial expressions that happen in about 1/25th of a second. They happen when you're trying to hold back your emotions. When you see someone showing a microexpression, it usually means that they're trying to conceal something from you. However, if you learn to spot them, you can gain the advantage in any type of interaction.

16. Walking Briskly

When you want to show your self-confidence, walk briskly and with purpose. Whether you're going somewhere specific or **not**, walk as if you're striding confidently toward an important destination.

17. Placing Your Hand On Your Cheek

When you touch your cheek, with your hand, you show that you're thinking and carefully evaluating the information you're receiving. When you see someone do this while you're talking to them, you can usually assume that they're taking you seriously enough to consider what you're saying.

18. Rubbing Your Eye

When you rub your eye, it usually means you **doubt** or disbelieve what you're hearing. If you someone is rubbing their eye as you speak, you might benefit from **stopping** and asking for their feedback so that you can address their **doubts**.

19. Rubbing Or Touching Your Nose

When you rub or touch your nose, you appear dishonest. If you do it in a conversation that requires openness and honesty, you'll have trouble accomplishing your goals. And, if you see someone else rubbing their nose, it's a good indication that you need to be careful **not** to believe everything they tell you automatically.

20. Standing With Your Hands Clasped Behind Your Back

Take a position with your hands clasped behind your back, and others may read this as anger, apprehension, or frustration. It may feel like a nice, casual pose, but in reality, it can make others uncomfortable and wary of you.

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21. Pinching The Bridge Of Your Nose

When you close your eyes and pinch the bridge of your nose, you seem to be making a **negative** evaluation of what's happening in the conversation. If someone takes this pose with you, you may need to take a different approach in enlisting their support for your goal.

22. Standing With Your Hands On Your Hips

This pose is tricky. In some cases, it can mean that you're feeling angry and may behave aggressively. In others, it may simply mean that you're enthusiastic and ready to get something done.

How To Send The Right Messages With Your **Body Language**

Learning **body language** examples is a great first step to sending the right **body language** messages. It also helps you read the unspoken messages others are sending to you.

However, knowing the right movements, gestures, and facial expressions can only take you so far. If you want to have healthy, productive interactions with others, you may need to work toward a better understanding of yourself and the people in your life.

Couples who misread each other's **body language** can quickly become angry at, disappointed in, or out of touch with each other. If you need help learning to communicate with your significant other or anyone else, it may benefit you to talk to a therapist.

You can reach out to BetterHelp.com for private, online therapy at your convenience. There, you'll speak to a licensed counselor who can help you build your **self - esteem**, heal your relationship, or handle work situations better. You can become fluent in **body language**. Even better, you can develop your qualities so that your **body language** naturally shows others the wonderful person you really are!

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How Reading **Body Language** Can Improve Your Relationship

Communication is a lot more than exactly what you say with words. We communicate a lot through the **body language** that we use. We can communicate one message with our words and something completely different from what we are doing with our body. This is important to **remember** when in a relationship as well. Reading **body language** can help you improve your communication.

UCLA conducted a study showed only 7% of communication comes from the words that are spoken. 38% Communication is from the tone of voice that is being used 55% **History of our body language**. The more aware we are of what we are communicating and how to read **body language** the better our communication skills will be. **Not** only do you want to make sure that you are using the right **body language**, but now how to read what your significant other is saying.

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Communication In Relationships

When you think of the "perfect" relationship, it always includes good communication, both verbal and nonverbal. You imagine the two of you walking hand in hand, stealing kisses, gazing into each other's eyes, and laughing and cuddling together.

All of these things - express closeness, interest, and even romantic feelings without speaking a single word.

Good relationships **cannot** exist without great communication. Many fights and arguments begin because of a breakdown in communication. And, many arguments worsen because of the lack of communication skills within the relationship.

Motivational guru William Paisley once tweeted, "Communication is the fuel that keeps the **fire** of your relationship burning, without it, your relationship goes cold." If this is **true** and we know from the UCLA study that the majority of communication comes from **body**

language, then we should become experts at reading **body language** if we want our relationship to succeed.

Mirroring **Body Language**

When someone feels a connection with another person, they tend to mirror their **body language**. That means if you're having a conversation with your significant other and they are using the same type of hand gestures as you, using the same posture as you, your conversation is most likely going well.

When we feel a bond with someone, we will often subconsciously mirror their **body language**. Have you ever noticed that when a couple has been together for a while, they start to take on each other's mannerisms?

This is why. They feel a connection with each other and have unknowingly started to mirror the **body language** of the other. It forms a connection.

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Smiling



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Something like a smile seems like it should be easy enough to read, but have you ever wondered if the smile you are getting is genuine or **not**? We've all been there before. There have been many studies conducted to find out how to spot a fake smile. And, it turns out that the key is in the eyes, well next to them.

When someone gives a genuine smile, they get crinkles, or crow's feet, that show up on the outside of their eyes. However, this **doesn't** occur with most fake smiles. Now some people have perfected the fake smile enough that they can achieve getting the eye crinkles even though they are faking, so this **isn't** a flawless read. However, you can know that if you **don't** see crow's feet when someone smiles at you, they are either faking it or hiding something.

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Posture

You can tell a lot about a person's mood by their posture. If someone comes into a room slouching with their eyes on the ground, we tend to think they are either **sad** or lack confidence. However, if someone comes into the room with their shoulders back, chin up, and with a strong posture, they seem to exude confidence. But, posture plays an even bigger role in communication than that.

When your significant other leans in while you are having a conversation, they are most likely engaged in the conversation. They are actively participating in it, and you usually have their full attention. However, when they are reclined back as you are talking, they are more relaxed. They could still be engaged in the conversation, but the posture they are using sets a different tone.

Eye Contact

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There is a lot that you can read from a person's eye contact or lack of it. Making eye contact helps you to connect with the other person. That is why speakers are taught to work on making eye contact to draw people into a presentation. And, making eye contact with another person can show them you are interested in and invite conversation.

This could be how you and your significant other got together in the first place, a little eye contact.

As the relationship develops, making eye contact can show that you are engaged in the conversation. For the most part, if the other person is making eye contact with you as you speak, it shows that they are listening. However, it **doesn't stop** there.

There is a common belief that if someone is **lying** to you, they will **not** make eye contact with you. While this can be **true** at times, the wide known belief has turned the tide.

Since people know that you expect them **not** to make eye contact if they are **lying**, many people will do the opposite. As they **lie** to you, they will purposefully make eye contact with you. But, this type of eye contact feels forced, and the person usually holds their stare for too long. It begins to feel uncomfortable.

Clenched Jaw And Furrowed Brows Equal Stress

When someone is experiencing stress, they tend to clench their jaw tighter and furrow their eyebrows (scrunch them together). There are many reasons someone reaches this point. It could be that they are uncomfortable with the direction that the conversation is headed. They may feel anxious about the topic that you are discussing. Or, if you aren't talking about something that should be stress to them it could be an indication that they **aren't** listening to what you are saying. It could be that they are thinking about something else that is causing them stress.

Crossed Arms

Some people just naturally cross their arms because they **don't** know what else do to with them. However, crossed arms can also be a sign of resistance. If you are sharing an idea, it could be a sign that they either **don't** like the idea or they are hesitant about it. Many psychologists explain that crossing your arms, or even your legs, is a sign that you are closed off.

What **Body Language** Communicates About Your Relationship

Body language is a good tell on what someone is thinking because many people **aren't** conscious of what they are doing. Your significant other could be working hard to control

what they are saying, but their **body language** might naturally communicate what the **truth** is.

The **body language** happening in your relationship can also help you determine when your relationship is in trouble.

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Here are some signs to watch out for:

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- You **don't** sit next to each other in the room
- You **don't** walk side – by - side
- When you talk they **don't** pay attention, lean in, or make eye contact

- You use a lot of choppy or aggressive looking hand gestures
- You mock each other instead of mirror each other
- Arms are crossed a lot
- There is a lot of eye rolling
- Any of the signs of **lying**

When you see these troubling signs, it's time to take action and either work on repairing the relationship or determine if it's time for it to end. And, **remember** it's **not** just the **body language** that your significant other is displaying, but the ones that you are displaying as well. Just like in a regular verbal conversation, it's possible for a couple's **body language** to **not** be on the same page.

Repairing Your Relationship

If you are picking up on **body language** signs from your spouse or significant other that there could be trouble it's time to start working on repairing the relationship. It could also simply be a sign that you both need to become more aware of what your **body language** is communicating.

Sometimes we read someone's **body language** incorrectly. Just because you see some of the signs above happening in your relationship does **not** mean that you need to call it quits. It could just be a sign that you both need to work on improving your communication skills.

Counseling is a very effective way to improve a relationship. A 3rd party that is **not** going to take sides between two people can help each of you to analyze your role in the relationship and see what you could be doing differently to make improvements.

BetterHelp offers therapists that can help you and your relationship without you ever needing to step foot into their office. The options are **not** only convenient but more affordable than traditional forms of counseling too.

A licensed therapist can help you recognize where the breakdown in communication in your relationship is coming from. Then they can teach you the skills that you both need to make the improvements that you desire.

<https://www.betterhelp.com/advice/body-language/how-reading-body-language-can-improve-your-relationship/>

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Instructions On How To Read **Body Language**

Communication is how we as humans are understood, but **not** everyone communicates the same. Some people are verbal communicators, and they can express their thoughts, feelings, opinions, and such without much qualm while others struggle to communicate verbally. Almost everyone, however, uses **body language**. Back when humans **couldn't** speak we communicated very differently, and part of that was to use gestures and actions to communicate with each other, today we still use those gestures, but they're secondary for people who are effective communicators. If you're wondering about **body language**, then it's probable that you're dealing with someone who **isn't** an effective communicator.

A great example of this is when an interview you think was going well turns out to have gone poorly. Perhaps the person's words sounded **positive** enough, but unless you interpreted their **body language** as well, it's likely you misread them.

Frequently looking out the window, avoiding eye contact, even crossing their arms are all signs that **no** matter what they're saying it's likely things **aren't** going well. So how can you read **body language** when it's often so conflicting?

Look At Context

The first thing to notice someone's **body language** is the context. How someone is sitting or standing will show you their level of comfort. Comfort is the key to **body language** because the more comfortable someone is, the easier they will communicate. If they are stressed, for example, because they're **lying**, their body will be fidgety and in discomfort because they are **not** mentally comfortable. Similarly, if you saw someone being uncomfortable in a doctor's office, you would likely dismiss it because the obvious answer would be that they simply **don't** like doctors. **Body language isn't** a perfect way of reading someone without context to give you clues about what is going on in that person's mind.

Start With The Head

Facial expressions are one of the most important parts of telling if someone's words and their **true** feelings **are not** aligned. When we are children, we are trained to copy certain facial expressions to express different emotions, but even when we do that we can rarely copy exactly the expression a "real" emotion would display.

The eyes especially are very emotive and will likely be the giveaway that a smile **isn't** real because normally our entire countenance turns up to match.

Some people deal with a condition called facial blindness. This means they struggle to identify people's faces or even recognize them but they can also struggle to determine emotions through facial expressions. It can be quite stressful. Additionally, a condition called Alexithymia means that you struggle to differentiate between different emotions.

If you find that part of your issue with **body language** is that you're **not** able to properly identify someone's feelings when they're showing them you may want to contact a psychologist and have yourself evaluated so that they can work with you to correct the condition. While Alexithymia is quite rare, it is often found in conjunction with other mental health conditions. Sites like [BetterHelp](#) give you a range of therapists so finding one who specializes in emotional disorders is quite easy.

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Seeing Eyes



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There is a whole book worth of **body language** signal just from the head alone. For example, looking directly into someone's eyes can imply **truth** while avoiding their gaze is often a sign of **lying** or discomfort. If someone's expression is uncomfortable, it's probably because they're **not**, even if they say otherwise it's usually given away by their eyes. Pay

attention to their ability to maintain or make eye contact and whether they are looking down. If someone keeps looking down, they are displaying a submissive behavior which means your own could be too aggressive.

One thing you **cannot** fake with **body language** is pupil dilation. When we are stressed our pupils naturally dilate as part of the stress response, they will also blink more which can be an indication of **lying**. Glancing at an exit may also imply they're looking to leave or that they are uncomfortable and want to get away from you.

There have also been some studies that show when a person looks upwards and to the right, they are more likely to be **lying** because the right side of the brain relates to imagination and creativity while the left side is more factual so looking to the left implies **truth**.

Crossed Arms

In difficult situations, we tend to cross our arms or adopt defensive poses with our **body language**. This can be tense muscles, turning bodily away from a person, but especially crossing the arms in front of the body. By doing this, we physically place our arms between us and the thing (or person) causing the discomfort.

Many people "talk" with their hands and these gestures imply that they are engaged with the other person, when we hold them in we're actively suppressing that engagement.

Think about the last time you got excited or animated about something. Your arms were in motion, possibly raised, but likely moving. When a person feels good their arms act accordingly - they swing when you're walking, they use open gestures and generally are held away from the body. When someone is feeling **bad**, their arms will either hang down at their sides as if their weight is pulling them bodily down.

This subconscious action has a lot to do with the "weight" of emotions on a person so by looking at the amount of motion, and the direction that someone's arms are moving in you can usually tell if they're feeling **bad**.

Hands can also have their own "code" for certain situations. Military teams, sports teams, and many quiet environments rely on hand signals and **body language** to convey messages. While this is slightly different than what most people expect from **body language** it is still part of effective communication. **No** one knows this better than the deaf, for them the hands and facial expressions are key to establishing communication and understanding.

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Honest Legs



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If you've ever heard the expression that someone has an honest face, you might mistakenly believe that the face is the biggest giveaway when it comes to honesty but it's the legs. Most people **don't** pay much attention to their legs or feet. While they may smile or gesture appropriately, it's hard for the brain to focus so much on a "**lie**", so the feet and lower body are often forgotten. Because a situation is uncomfortable, our subconscious prepares us for "fight or flight" to get away from it, and our lower extremities are a **dead** giveaway about how we feel about a person.

If you're speaking normally your toes, tend to point towards the person you're talking to, when you're ready to leave, one foot will start to point away. Similarly, when you're sitting talking with someone you may cross your legs away from them if you're uncomfortable or **don't** like the conversation. The opposite is **true** if someone is standing. Crossing the legs implies they want to stay because it would hinder an "escape."

Quirks & Habits

The key to reading **body language** is to understand that while most of these cues are common everyone has their nuances within them.

Someone may only feel comfortable crossing their legs to the left because of a **bad** knee for example, and this behavior on its own **shouldn't** be used to gauge their feelings.

Often you **don't** need to do a deep analysis of their behaviors to understand what their body is saying, especially if the context is an obvious one.

In fact, when it comes to **body language** the most important advice is simply to trust your gut feelings.

Since most **body language** is subconscious and relates back to our natural survival instincts, it's only natural that by going back to your instincts you'll be better able to understand it.

Other habits can relate to the person being skilled at reading **body language** themselves. If you've just started to talk with someone observe to see if they are mirroring your actions. When we mirror someone, we can make them feel more comfortable which means that they will open up. By mirroring they are giving away that they are reading to you and **not** the other way around.

Conclusion

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There are lots of reasons why you'd want to be able to read **body language**, but it's **not** an exact science.

If you're struggling to understand any type of communication then practicing those things or seeking help may be a good choice. While there **aren't** therapists to teach you, **body language** if you're struggling to identify expressions and emotions you can fix that with the right specialists. Learning **body language** can help in many situations, but nothing beats simply asking someone what's going on when you're **not** sure about the communication they're putting across. Next time you're trying to analyze them, ask, and see if your thoughts are correct.

<https://www.betterhelp.com/advice/body-language/instructions-on-how-to-read-body-language/>

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Fifteen Things God **WON'T** Ask: - (Author Unknown)

1. God **won't** ask what kind of car you drove => but will ask how many people you drove who **didn't** have transportation.
2. God **won't** ask the square footage of your house => but will ask how many people you welcomed into your home
3. God **won't** ask about the fancy clothes you had in your closet => but will ask how many of those clothes helped the needy.
4. God **won't** ask about your social status => but will ask what kind of class you displayed.
5. God **won't** ask how many material possessions you had => but will ask if they dictated your life.
6. God **won't** ask what your highest salary was => but will ask if you compromised your character to obtain that salary.
7. God **won't** ask how much overtime you worked => but will ask if you worked overtime for your family and loved ones.
8. God **won't** ask how many promotions you **received** => but will ask how you promoted others.
9. God **won't** ask what your job title was => but will ask if you performed your job to the best of your ability.

10. God **won't** ask what you did to help yourself => but will ask what you did to help others.
11. God **won't** ask how many friends you **had** => but will ask how many people to whom you were a **true** friend.
12. God **won't** ask what you did to protect your rights => but will ask what you did to protect the rights of others.
13. God **won't** ask in what neighborhood you lived => but will ask how you treated your neighbors.
14. God **won't** ask about the color of your skin => but will ask about the content of your character.
15. God **won't** ask how many times your said deeds (**yeah, I will do that**) matched your words => but will ask how many times it **didn't**.

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19 Examples of **Body Language** Of Men

The **body language** of men can be easy to read if you know what you are looking for. Men have a certain way of standing, gesturing with their hands, shaking hands, and using their eyes that will tip you off to their real attitudes and emotions.

The definition of **body language** is any non-reflexive or reflexive movement of a part or all of the body that is used to communicate a message or emotion to the outside world. This can be conscious or subconscious body messages that are sent by the man to other men or women.

How Common is **Body Language**

Many men may think that they exude a certain air or attitude to the people around them. However, their **body language** could be telling a different story without them even realizing it. The most **body language** of men is subconscious or done without their notice. Therefore, a man who is consciously trying to appear confident may have **body language** that shows the opposite.

Body language is extremely common. All men have certain **body language** that comes out at some time or another. Studies on the **body language** of men have varied in results, but all agree that **body language** makes up 50 to 80 percent of our communications. Studies have also found that a lot of **body language** is the same across cultures.

How To Read The Stance Of Men

The pose and posture, or stance, that men use when they stand can say a lot about their attitude and emotions in a particular situation or with a particular person. A normally confident man who is intimidated by another man might subconsciously take on a different stance. A man who is typically meek might take on a dominant stance with women if they feel that they are superior.

Studies have shown that the stance men take during conversations is largely a reflexive movement that does not give much thought. However, some men have successfully learned to use this **body language** of men movements and consciously make use of them to emit the attitude that they hope to convey.

Dominant Stance

When a man stands with their shoulders squared off and hips facing forward with hands down at the sides, it is a dominant stance. This means that the man is extremely confident and feels that they are dominant over the person they are speaking with.

This stance can also be used intentionally when a man wants to exert dominance over someone that they are **not** necessarily already dominant with.

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Aggressive Stance

In an aggressive stance, the man will have their legs close together with their weight pushed forward. The dominant leg might be shifted forward by a half step as well. The head and chin might be tilted forward, and they may shift to be off-center. When a man takes this stance, it means that they are ready to fight, either verbally or physically.

Defensive Stance

When a man takes up the defensive stance, it means that they feel threatened, worried, fearful, or perhaps even simply submissive. In this stance, the feet turn away, and the shoulders become hunched. Arms are held close to the body, perhaps with hands clasped in front or arms crossed over the chest or stomach. A man may take up this stance when they are feeling that they are or will be under verbal or physical attack from the person that they are conversing with.

Hand Gestures

The **body language** of men is different from women when it comes to hand gestures. Many women "talk with their hands," using their hands in expressive ways as they talk animatedly. However, men are much less likely to do this.

With men, hand gestures are typically much subtler and may **not** be a conscious display of **body language**. While hand gestures may be used intentionally to get the point across, the position of the palms during hand gestures and other uses of the hands can sometimes show the real attitude or emotion of the man who is speaking.

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Source: publicdomainpictures.net

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Open Palms

When a man has open palms, they are displaying sincerity, trust, and openness. They are saying I am trustworthy; I am telling the **truth**, I mean what I say. Having open palms is a way of showing that you do **not** hold a weapon, either figuratively or literally.

The open - handed wave that is employed by politicians and celebrities are one example of how this **body language** is used on a routine basis.

Hiding the Palms

Facing the palms inward or closing the hands into a fist to hide the palms conveys a much different message. It can be used to show aggressiveness or defensiveness. When the palms are closed or hidden in some way, it is usually because the man is trying to win an argument, show dominance, or defend a position.

Touching the Face

Some men touch their face during certain conversations or in certain situations. Touching the face is often a sign of either anxiety or dishonesty. Many gamblers have "tells" that involve touching the face when they are bluffing. Politicians will also touch their face when they are being dishonest or **don't** agree with what they are saying. Other men will touch their face when they are in high anxiety situations, such as an important job interview.

Fidgeting

Fidgeting is another form of **body language** that differs between men and women. When a woman fidgets, it could mean that she is anxious. However, most men only fidget when they are bored. If a man is fidgeting quite a bit during a conversation, they are likely bored with the topic and may not be giving their full attention.

Handshakes

Handshakes are a form of the **body language** of men that most men obsess about. Men worry about what their handshake tells the person they are shaking hands with. They also try very hard to read another person while they are shaking hands.

Overall, a handshake is pretty much just a handshake. However, some things can be conveyed through a handshake. Handshake strength is **not** nearly as important as the way you put out your hand to be shaken. Many men obsess over handshake strength, but really if you grip the other hand tightly, it may just show that you are trying too hard to impress.

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Dominant Handshake

When the hand is turned palm down while being offered for a shake, it shows that the man either has dominance over the other person or they are trying to establish dominance. They are forcing the other person to come up to meet their hand. The grip is usually firm but **not** tight. This handshake done with a forward lunge and tightening grip could be read as being very aggressive.

Submissive Handshake

Offering the hand with palm turned upward shows that you are submissive to the other person.

The man offering his hand palm upturned may feel intimidated by the person they are shaking hands with, or they may be inferior to the other man in some way, such as with an employer or elder. This handshake can also put people at ease if they appear to be intimidated by you. If you **don't** want to appear weak, make sure you use a firm grip.

Two - handed Shakes

Two-handed shakes where the opposite hand comes up to grip the shaking hands or the wrist or arm above the hands is a very familiar handshake. Using it shows that you feel very comfortable with the other person and see them as an equal.

It is usually only used between two people with a significant history. Using this handshake with strangers can seem overly invasive.

Eye Language

The eyes can convey a lot of messages. They say that the eyes are windows to the soul. While you may be able to control where your gaze is, you may **not** be able to control other eye movements. These are largely involuntary and subconscious, and they give a lot away about what you are thinking and feeling.

Blinking

A few blinks only at random are likely just normal eye movement. However, if blinking is rapid, it is a sign of stress. The man who is rapidly blinking may be agitated, worried or nervous. Blinking that is slow and deliberate is usually a sign of boredom or tiredness. It is very difficult for a man to control how frequently they blink, so this is a good indication of their current mood.

Focused Gaze

A naturally focused gaze, particularly on the lower half of the face the man is talking to, is an indication that they are paying attention to what is being said. On the other hand, a focused gaze with **no** eye movement, where the gaze is forced, is likely to indicate that the man is pretending to pay attention but is uninterested or thinking of something else.

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Wider Gaze

A wider gaze that takes in the whole face with natural eye movements at intervals is an indication of rapt attention being paid to the speaker. It can also be an indication of attraction when conversing with someone that the man might be sexually attracted to.

Upper Gaze

A gaze focused above the eyes or at the top of the head is an indication that the man feels superior or is trying to establish dominance. Many women can tell immediately if a man has a **sexist** attitude by where his gaze falls. If you find yourself the object of such a gaze, you can try to bring attention to your hands to bring the gaze down. But, if the attitude of dominance is strong in the man you are talking to, they may very well continue looking over you.

Sideways Glances

People look sideways when they are talking to themselves either mentally or out loud. Many liars look sideways, the myth says to the left, when they are **lying**.

This is more about the man trying to think about what he wants to say to himself while **lying** rather than **not** wanting to look someone in the eye when they **lie**. However, a straightforward gaze is **not** necessarily an indication of **truth**-telling, because a man might be aware of this tale and intentionally avoid it.

Other Body Language

Some other general **body language** movements and gestures might indicate an overall mood.

Keep in mind that many people are aware of these **body language** movements and can **fake** them. For **example**, someone who is vastly unconfident could appear domineering simply by changing their **body language**.

Crossed Arms

When a man crosses his arms, it could indicate some things. This is typically a defensive gesture. A man who crosses his arms feels intimidated or is in the midst of an argument. Crossed arms are also closing one off, which could indicate that the man is stubborn in his attitudes and not going to change his mind about what the other person is saying.

Lowered Head

A lowered head is a sign of submission. When a man lowers his head while talking to others, it means that he feels inferior to that other person. A lowered head could also be an indication of remorse or guilt if being reprimanded by a boss or someone else in a position of authority.

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Reduced Personal Space

Reducing personal space is also a sign that the man is intimidated. A man who is intimidated or submissive to the other person will consciously or unconsciously pull their body in closer to them to take up as little space as possible.

If you find yourself in this position frequently, you might want to work on taking up more space consciously. Taking a more open stance exudes confidence and can make you feel more confident.

Turning Side On

Turning the body to the side slightly is typically a sign of aggression. It is an open stance with the side of the body facing the other person, even if only slightly.

When someone stands in this way, it generally means that they are bracing themselves for an argument or a physical fight, or they are in the midst of an argument, and they are trying to regain control of the situation.

Controlling **Body Language**

Controlling your **body language** to a degree is possible. However, **body language** can tell you a lot about yourself. If you find that you are always taking up defensive or submissive stances and gestures, it may mean that you lack confidence. Sometimes in these situations, it can be helpful to talk to a [therapist](#) to evaluate why you are not confident and help you build your confidence up. Sometimes consciously taking a more dominant stance can help you feel that confidence superficially until you can work on gaining more genuine confidence.

22 Examples Of **Body Language** Attraction

One of the most important things to understand when facing the single dating world is **body language** attraction. Knowing when your date or a person of interest is attracted to you is important for knowing whether or **not** you are wasting your time. Sometimes someone might be polite and **not** want to let you down harshly, but their **body language** will tell you that they are **not** interested in a romantic liaison.

Body language attraction does differ somewhat between men and women. Some forms of **body language** attraction are strictly things that women do, and there are things that strictly men do. However, there are also a great many forms of **body language** attraction that are common among both **sexes**. Also, depending on gender identity and **sexual** orientation, there may be some crossover between the sexes.

Women's **Body Language** Attraction

Women show their attraction to a man through their **body language**. You can tell if a woman is attracted to you by the way she holds her body and what she does with her hands. Scientific [studies](#) have shown that women are most attracted to men whose **body language** exudes dominance and masculinity. They answer this intern with **body language** that shows submissiveness and fertility.

Showing Fertility

Body language attraction has much to do with **sexual** attraction, which is related to fertility. When a woman is attracted to a man, she will show signs of fertility. This may be

done in some ways. She may keep or take her hair down, tilt her head to expose pheromones, or keep hands and wrists visible to display the soft skin there.

Purse Behavior

How a woman holds her purse can tell you a lot about how she is engaged and whether or **not** she is attracted to you. If a woman is feeling uncomfortable or **isn't** attracted to who she is talking to, she might clutch her purse in her lap up against her body. On the other hand, when a woman is attracted to someone, she wants her purse out of the way for further interaction and may place it on the table or the floor, or on a chair behind her. Keep in mind that if you are in a crowded secure place she may keep her purse clutched to her for security reasons, and this may **not** be a good indication of interest.

Licking Lips

Women will frequently lick their lips when they are attracted to someone. They may do this intentionally to show interest, but frequently it is a reflexive movement that they may **not** even be aware that they are doing. It could be that they sweep the tongue over the lips, or it could be a quick flick of the lips with the tongue, which may be barely noticeable. Combined with constant eye contact, this is a sure sign that the woman is extremely attracted to you.

Hip Thrust

A woman who is **sexually** attracted to someone will frequently stand with one hip thrust out, and possibly a shoulder lifted up. This stance shows off the woman's body and is a sort of invitation. The one hip thrust out opens up the lower body and brings attention to fertility, while the shoulder lift brings attention to the breasts. This is usually consciously done by the woman to show interest, but it may also be unconscious.

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Men **Body Language** Attraction

Men have their way of showing attraction to a woman. Generally, men who are attracted to a woman may be perceived as showing off or preening in a masculine way to try to impress the woman. Their **body language** attraction also includes gestures and movements that are very suggestive of what it is that they hope to happen with the woman **in question**.

Showing Fertility

Like women, men are likely to show off their fertility when they are attracted to a woman. They may stand up straight, square off the shoulders, and plant their feet slightly more than shoulder - width apart. This open but dominant stance shows off their body and

shows their confidence in their **sexual** prowess. They may also open their hands and show their palms in invitation.

Raised Eyebrows

Men will frequently raise their eyebrows when they are attracted to someone. It is typically seen as a sort of invitation to more interaction, or a suggestion of something more to come after the official date. It may be a slow raising of the eyebrows, or it could be a quick eyebrow flash where one eyebrow goes up quickly and then comes back down. Some men do this intentionally, but it can also be a subconscious sign of attraction.

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Parted Lips

Men do **not** lick their lips as women do, but they may part their lips briefly when they make eye contact with a woman that they are attracted to. This could be prolonged or brief and usually accompanies eye contact or some other noticing of attraction in the other person.

Flared Nostrils

Flared nostrils and open expression in a man's face is a sure sign that he is fully engaged in the interaction. This shows that the man is very interested in the conversation or what is going on between him and the other person. Flared nostrils can also be a sign of physical, **sexual** attraction. This is usually a subconscious **body language** attraction.

Stand with Hands On Hips

A man who stands with his hands on his hips is very attracted to the woman he is talking to. This may be a conscious or subconscious **body language**. The hands on the hips present an open view of his body, as sort of an invitation to the other person. The hands may be pointed toward his package for emphasis. Another similar sign of attraction is sitting with legs open or adjusting himself while standing.

Gender Neutral **Body Language** Attraction

There are a great many forms of **body language** attraction that is common regardless of gender or **sexual** orientation. If you see these signs of **body language** from someone that you are on a date with, you can be certain that the date is going well, and they are very interested in further interaction.

Showing Availability

Men and women both are more attracted to people who show that they are available, and men and women both tend to show their availability when they are interested in getting to know someone better. Showing availability could be having an open posture with arms uncrossed and legs uncrossed. Men and women will also show availability by looking upward at the face of the other person rather than down at their feet, the table, or their phone.

Smiling

Smiling is another way that men and women show their availability. Smiling is also a way to show interest and attraction to another person. Some smiles can be forced to make a good impression or to try to appear attractive. However, if the smile is genuine, it will be

obvious, and the smile will also reach their eyes. If a person is genuinely smiling at you and **cannot** seem to do anything but smile, they are attracted to you.

Leaning In

When people are engaged with interactions with others, they lean in toward that person.

If you are in a group of people and someone leans in toward you specifically, it shows that they are attracted to you and paying more attention to you than others. The closer he or she leans in toward you, the more attracted they are.

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Head Tilting

Tilting the head is **body language** attraction that shows engagement and interest. When someone tilts their head during a conversation, it means that they are paying attention and care about what is being said. If someone is attracted to you, they will tilt their head to show their interest and engagement. Women are more prone to head tilting than men, but both **sexes** do use this **body language**.

Flushed Or Blushed

When someone is physically attracted to someone else, they will become flushed or begin blushing. As the attraction grows, **blood** rushes to the face making one look flushed. This is **not** something that either **sex** can control. It is a natural **body language** that the body does on its own when someone is physically attracted to a person. The lips may also become redder, and the eyes whiter and brighter.

Heart Rate Increase

This is another unconscious and automatic response when someone is attracted to another person. Your heart rate will increase. You probably **don't** want to try to take someone's pulse while on a date or in a bar to see if they are attracted to you, but there are other signs. A quickening of the breath and warmness to the palms are indications of an increased heart rate and attraction.

Feet Pointing

People will automatically point their feet in the direction of their interest. While someone's feet pointing toward you **isn't** a sure sign of attraction, it does mean that they are at least interested in the interaction and present at the moment. If their feet are pointed toward the exit, they are probably thinking about getting out of the situation.

Eye Contact

When someone makes eye contact with you, it is a sure sign of interest. Eye contact means that they are paying attention to only you, and you can be certain that you have their interest. Prolonged eye contact is a sure sign that they are attracted to you and interested in what you have to offer them. On the other hand, if you are talking to someone and their eyes shift focus frequently, they may **not** be fully engaged in the interaction.

Facing Forward

Just as when the feet point toward what you are interested in, the same is **true** of the rest of your body. If someone is interested in you and fully engaged in the conversation, they will likely be facing you head on.

Their body may be tilted slightly off center for comfort, but for the most part, they will be facing your direction with their whole body, and **not** just their face or feet.

Speed Of Movement

The speed with which you move or shift your body says a lot about your mood. When you move slowly and deliberately, it shows that you are extremely confident and attracted.

When movements are fast and jerky, it shows that the person is extremely nervous and may **not** be confident in the situation.

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Touching Hair

Touching the hair can be a sure sign of attraction, but it can also be a sign of nervousness and being uncomfortable. If a man sweeps his whole hand through his hair, it usually shows that he is interested and kind of preening for the woman. If a woman is lightly twirling her hair or playing with the ends, while displaying other signs of attraction, it can be a sure way to know that she is attracted to you. However, often women will touch and play with their hair when they are nervous, uncomfortable, or even scared, so it is best **not** to use this **body language** alone to base your opinions.

Touching Moments

The accident-**not**-an-accident touch is a sure sign that someone is attracted to you. If someone reaches out and intentionally touches you, even if it is seemingly innocent like just the briefest touch of a hand or the arm, it shows that they are interested. Likewise, when men touch a woman's elbow or the small of her back to guide her, such as from the table to the dance floor, it is a sure sign of attraction.

Mirroring

Mirroring is when someone copies the movements of the person they are engaged with. It usually happens quite subconsciously. The person may copy movements of shifting body weight or taking up a similar posture or pose, or they might copy someone's movements of touching their face or playing with the straw on their drink. This is a sure sign of attraction, and that the person is completely engaged in the interaction.

Getting Help With **Body Language**

If you have been on the dating scene for some time and are still single or have been running into problems where people say you are giving mixed signals, it could be that your body is giving signals that you are **not** aware of. Sometimes the body will show **body language** reflexively that is against what we think we want in our minds.

It could be that you do **not** want what you think you do. Your body could be betraying your real feelings about dating. One way to conquer this problem is to visit a [therapist](#). A therapist can help you examine your real reasons for dating and whether or **not** you are emotionally ready for a relationship. This way when you are ready for a relationship, your body language, and your conscious language will match, and you will have an easier time making a connection.

<https://www.betterhelp.com/advice/body-language/22-examples-of-body-language-attraction/>

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Body language around the world

Each of us knows how to use our body parts to send messages but **not** many of us realize that people in different parts of the world 'speak' different **body languages**. A signal for 'yes' in one culture may mean '**no**' in another; a gesture for 'good-bye' in one culture can be interpreted as 'come here' in another.

Business people and politicians have long recognized the importance of **body language** or non-verbal communication; many receive training in nonverbal communication before

serving overseas. Since 9/11, airport and transit police have been trained on **body language** recognition. But training in **body language** is still relatively new for educators even though most American campuses include faces from different parts of the globe. It is therefore important that educators understand **not** only how to receive messages through **body language** but also what messages they may be sending even when they are **not** talking. Misunderstanding of **body language** may **not** only cause a long-lasting embarrassment but also be a life threat.

Definition.

'**Body language**', includes all the communication through the non-verbal channel. This can include how we greet others, how we sit or stand, our facial expressions, our clothes, hair styles, tone of voice, eye movements, how we listen, how we breathe, how close we stand to others, and how we touch others.

The pressure of **body language** can especially be felt in emotional situations where **body language** usually prevails over words. This article will use the terms '**body language**' and 'nonverbal communication' interchangeably.

The Importance of **Body Language**.

Edward T. Hall (1959), a well - recognized social anthropologist, maintained that in a normal conversation more than 65 percent of social meanings are transmitted through the non-verbal channel. People in other parts of the world, especially Asians, are more perceptive to **body language** than the North Americans.

Misuse of **body language** can be an unpleasant or even dangerous experience for message encoders, singer's face. The argument became fierce when the singer pulled out a gun and **killed** one of the men.

In 1992, then President George H.W. Bush made a state visit to Australia. People lined up along the roadside to welcome the American President who greeted them with raised fingers in the form of 'V' with the back of his hand toward the onlookers. The following morning a headline in a local newspaper proclaimed that the 'American President insulted the Australians.'

In 1998, a newly married American couple went to New Zealand for their honeymoon. They rented a car and toured until they missed a **stop** sign. A police officer pulled them over. They explained that they were new in town and **didn't** know about the local traffic so were given a warning instead of a ticket.

As a 'thank you' gesture, the husband gave the 'thumb up' sign. The police officer called for backup and hand cuffed the American man. (A '**thump up**' is seen as a rude gesture in New Zealand.)

Consider the following examples:

In 1988, two Laotian men walked into a Los Angeles bar where a singer, who was also from an Asian country, was entertaining patrons. The men sat at empty spaces near the front with their feet pointed straight to the singer. After the bar was closed, the singer followed the two men to a parking lot where they got into an argument about how the men pointed their feet at the singer and the singer **killed** him.

Understanding **Body Language** from Head to Toes.

According to Argyle (1978), humans have more than 700,000 forms of **body language**. This article will give a few **examples** of how body parts, from head to toes, are used for communicating in different parts of the world. Interested persons can read further from the references given at the end of this article.

Head. In most societies, a nodding head signifies agreement or approval. But in some cultures, like parts of Greece, Yugoslavia, Bulgaria and Turkey, a nodding head means **'no.'** In most Asian cultures, head is where **spirit** resides and one should **not** touch another's head.

Face. Facial expressions reflect emotions, feelings, and attitudes. While expressing **'true'** feeling and emotion is valued in the West, it is prohibited in the East. The Asians, who are taught to practice self-control, are often labeled as 'emotionless' and of possessing 'mixed-up emotions.' Smiling in the East is **not** necessarily a sign of happiness; rather it signifies **'yes,' 'I don't** understand what you said,' or can be a cover-up for embarrassment.

Eyes. While good eye contact is praised and expected in the West, it is seen as a sign of disrespect and challenge in other cultures, including Asian and African. The less eye contact, these groups have with an individual, the more respect they show.

Closing eyes. In 1975, former Vice President Walter Mondale was invited to speak to the Japanese Diet. He became irritated when he noticed that more than half of the audience closed their eyes. When the talk was over, Mondale snapped at the U.S. ambassador, 'Why did I bother to come and talk to them?' 'Why, Sir?' the ambassador asked. 'They **didn't** care to hear what I had to say; they were sleeping.' **'No, Sir,'** the ambassador replied, 'they closed their eyes to close out everything else in order to digest your speech.'

Nose. Tapping the nose is more common in Europe than in the United States. It means 'confidential' in England but 'watch out!' in Italy. Blowing the nose on public streets, while seen as an impolite gesture in North America, is a common practice in most Asian countries. This rids the body of waste and; therefore, it is seen as healthy. At the same time the Asians do **not** understand why the Americans blow their noses onto a Kleenex that is put back in their pocket and carried with them throughout the day.

Lips and Mouth. Kissing is a sign of love or affection in the West. People kiss when they meet or when they say goodbye. But kissing is viewed as an intimate act in Asia and is **not** permissible in public. In some cultures, such as Filipino, Native American, Puerto Rican, and several Latin American, people use their lips to point, instead of a finger.

Arms. Some cultures, like the Italians, use their arms freely. Others, like the Japanese, are more reserved; in Japan it is considered impolite to gesture with broad movements of the arms.

Hands. Of all the body parts, the hands probably are used most for communicating non-verbally. Hand waves are used for greeting, beckoning, or farewell. The American 'goodbye' wave can be interpreted in many parts of Europe and Latin America as the signal for '**no.**' The Italian 'goodbye' wave can be interpreted by Americans as the gesture of 'come here.'

The American 'come here' gesture can be seen as an insult in most Asian countries where they use it for calling an animal. Asians call others with a similar hand movement but with their palm downward.

Handshaking is the common form of greeting and leave taking in the Western culture. While it is being accepted in Asia, the Asians still prefer a different form of greeting: a bow in East Asia, a 'wai' (**joining the two hands together like in prayer**) for some Southern and Southeastern Asian countries. Asians and Middle Easterners prefer a soft handshake. Strong grips are interpreted as a sign of aggression.

While both right and left hands have equal status in the West, the right hand has special significance and the left hand is 'dirty' in the Middle Eastern and some Asian countries. It is best to accept or offer cards or gifts with the right hand or both. The 'O.K.' sign (the thumb and the forefinger form a circle) means 'fine' or 'O.K.' in most cultures. However, it means 'zero' or 'worthless' in France and many European countries. The same signal is an insult in Greece, Brazil, Italy, Turkey, and Russia. A 'thumb-up' sign indicates an 'O.K.' or 'good job' in most cultures but it is an insult in Australia, New Zealand, and in most African countries.

Legs and Feet. Sitting cross-legged is common in North America and some European countries but it is viewed as disrespectful in Asia and the Middle East where a solid and balanced sitting posture is the prevailing custom. In Asia and the Middle East, resting the ankle over the other knee risks pointing the sole of your shoe at another person, which is considered a very rude gesture. One should never point or move an object with their feet in these cultures.

Conclusion.

Becoming sensitive to the clues of **body language** can help us communicate more effectively with students or scholars from other cultures. We can understand what they are saying even when they are **not** talking. We can sense when students are silent and digesting

information, or when they are silent and confused. We can share feelings too strong or too difficult to be expressed in words or decode a secret message that passes silently from person to person. **Body language** can help us spot contradictions between what students say and what they really mean.

Finally, we can learn to be more sensitive to our own bodies, to see what messages they are sending and to see ourselves as others see us. We are our bodies.

<https://www.nacada.ksu.edu/Resources/Clearinghouse/View-Articles/Body-Language-Around-the-World.aspx>

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These Are The **Body Language** Signs To Look Out For On A First Date

First dates are full of mystery: Did that slight lean into the table mean he wanted to get closer, or is he just homing in on the burrata? Did that second reference to her **ex** mean she's categorically **not** over him, or was it **no** big deal?

The evening may be full of mixed messages but reading your date's **body language** can help. As humans, we're quick to recognize if we like someone — Rutgers University anthropologist **Helen Fisher** says that the human **body knows within one second** whether someone's physically attractive **or not**. **Body language** experts say we're equally quick to communicate our attraction — or lack thereof — through nonverbal cues.

What should you be aware of the next time you meet a prospective partner for dinner or drinks? Experts share six **body language** cues to pay attention to on a first date.

Your date leans in.

If your date continuously leans in toward you, chances are it's their nonverbal way of telling you they're interested and engaged. That's especially **true** if you find yourself in a group and they angle toward you, said **body language** expert and psychotherapist [Paul Hokemeyer](#).

“A person who leans in toward you is revealing their interest in who you are, what you have to say and the addictiveness of your being,” he told HuffPost. “It shows they want more of you rather than less. Conversely, if they impulsively pull back when you approach them, it's a sign they find some part of your being threatening or unattractive.”

Their eye contact is intense.

The link between prolonged eye contact and a deep connection **isn't** just the stuff of love songs (“**You’re just too good to be true, can’t take my eyes off of you**”). The link is long established by science, too.

A steady gaze can even fast-track closeness between two people: In an oft-cited 1987 study, social **psychologist Arthur Aron** had sets of strangers ask and answer 36 questions of an increasingly personal nature. (“**Before making a telephone call, do you ever rehearse what you are going to say? Why?**” for instance, and more emotionally loaded questions, like, “**When did you last cry in front of another person? By yourself?**”) In one version of the study, the participants stared silently into each other’s eyes for four minutes.

The test generated so much emotional intimacy between the pairs that, six months later, one of those pairs were married.

Needless to say, unless your date is staring to a creepy degree, a near-unflinching gaze is a good sign. So are dilated pupils. Studies have shown that our pupils dilate wider than usual, when we’re excited about something or someone.

“If their pupils dilate when they look at you, they’re totally liking what they see. If they shrink, they’re **not** so much into the view,” said **Traci Brown**, a **body language** expert and author of **Persuasion Point: Body Language and Speech for Influence**.

They position away from you or use blocking.

Yep, blocking is as **bad** as it sounds. Experts call this type of **body language** “distancing language.”

When we feel connected to someone, we are more likely to square up with them or face them directly with our shoulders, knees and feet. If we’re **not** actively interested, we do the opposite, said **Lisa Mitchell**, a **body language** expert and forensic interviewer.

“When someone is **not** feeling a connection, they will purposely stay offset with their body and use their body positioning to signal blocking by doing things like crossing their arms across their torso or crossing their legs with knees pulled slightly up to create a barrier between you and them,” she said.

Their feet point inward.

The toes are telling when it comes to attraction: By pointing our toes inward, we attempt to shrink in size and appear more approachable and more harmless.

“If your date’s feet are pointing inward and in your direction, that’s good,” Brown said. “Are they pointing toward the door? That’s **bad** news if you like them! They’re mentally on their way out.”

Brown added that the same concept applies to crossing their legs.

“If they’re crossed toward you, they’re into you. Crossed away and they’re out of there ASAP,” she said.

Your date has **negative** micro-expressions or fake smiles.

Micro-expressions are slight facial expressions that occur within 1/15 to 1/25 of a second. They’re involuntary and expose a person’s **true** emotions. Your date might be an utter pro at forced smiles, but if you catch a few cringes as you regale a story, they might **not** be that into you.

“It’s hard for us to hide our **true** internal emotions from showing up on our face,” Mitchell said. “They often show up as quick flashes of the **truth** before the person will choose another, less conflict-inducing expression to display.”

They’re tongue - tied.

Cut your date some slack if they trip over their words around you. There’s a good chance they’re anxious and stumbling over what to say because they’re interested in you, Hokemeyer said.

“When the attraction is strong, it can turn highly intelligent adults into bumbling children,” he said. “So if he or she stumbles on words or has a hard time putting together an evening of cogent thoughts, chances are its because they are very much into you.”

https://www.huffpost.com/entry/body-language-signs-first-date_n_5c42108ee4b027c3bbc18038

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Everything You Need to Know About **Body Language**

The most honest part of the human body are the feet. Why?

Because we’ve practiced **lying** with our words and faces since pre-school.

In this summary, we’ll cover the top signals and signs explained by FBI **body language** expert Joe Navarro in his best-seller [What Every Body is Saying](#).

Once you start to pay attention and put some labels on common behaviors, you’ll start to notice them everywhere. But first...

Freeze, Flight, Fight: The Evolutionary Basis of **Body Language**

Can we really trust **body language**?

Body language is based in the [limbic brain](#). This part of the brain controls our reflexes and immediate reactions to the world around us.

The limbic brain is **not** 'rational' in the sense that it's under full control of the conscious mind. Under certain conditions, the limbic brain betrays **true** feelings and thoughts through **body language**.

Freeze, Flight, Fight

All **body language** is based on the three F's of prehistoric man: freeze, flight, and fight. When faced with danger, prehistoric man could rely on these three categories of action.

Obviously, modern interactions rarely ask us to flee the room or fight with one another. But that **doesn't** mean the three F's have disappeared. Stressful situations still draw out our three f's. And ancient behaviors manifest in everyday **body language**.

Freeze behaviors include holding your breath or suddenly clutching your seat. Flight behaviors are distancing, like leaning away from a conversation partner, putting objects between a person and their interrogator, turning feet toward the nearest exit, or eye-blocking ([more on that below](#)). Perhaps easiest to imagine are fight behaviors: puffing out your chest or flaring your nostrils.

The Imprecise Science of Reading **Body Language**

Body language is **not** specific enough to map cleanly to complex human emotions. There's obviously **no** precise **body language** for 'upset with your cheating **ex-boyfriend**' or 'nihilistic despair after Netflix binge'.

So when reading **body language**, you should imagine a spectrum that runs from comfort to discomfort. Comfort and discomfort are the compass. A person's limbic system leaks information about their (**dis**)comfort level.

Pacifying Behaviors as Tells

As a person becomes less comfortable, they'll begin to engage in pacifying behaviors. Pay attention to this idea. A pacifying behavior is the limbic system trying to push a body back towards the comfort end of the comfort-discomfort spectrum.

When reading someone's **body language**, you're **not** going to see some tell-tale sign that someone is **lying**. Instead, when a person is faced with a stressful situation or **question**, you'll see an increase or decrease in pacifying behaviors. And, yes, people often find **lying** quite stressful and pacify when do it.

Remember that pacifying behaviors are contextual. For **example**, excessive yawning is a signal of intense anxiety. But if someone is yawning a lot at 3:00 am after a long night of partying, this is probably just someone who's tired. But if it's 11:00 am and a few minutes ago they seemed fully alert until you asked them what their glove was doing at the scene of the crime, this could be a pacifier.

In general, pacifying behaviors follow the stressor that caused them. This can help you pinpoint the source of a pacifying behavior. Navarro details elaborate FBI interrogations in his book, where he'll ask the same **question** multiple times and, amazingly, people will often do the exact same pacifying behavior every time they answer the **question**.

Let's look at some of these signs across the body.

The Face

Neck Stroking / Touching (**Discomfort**)

Stroking or covering the neck is one of the most frequently seen pacifying behaviors. According to Navarro, women in particular will cover the suprasternal notch (**the little dimple on the bottom of your neck**) when doubtful, insecure, or fearful. If someone does this after you've asked a **question**, they were uncomfortable with what you asked.

Touching earlobes, beards, hair, lips (**Stress**)

Massaging the earlobes with index and forefinger, stroking a beard, playing with your hair, or touching and licking lips are all pacifying behaviors of the face.

Excessive Yawning (**Intense Anxiety/Stress**)

When under intense anxiety, people can appear to yawn over and over again. This actually puts pressure on salivary glands to bring moisture into the dry mouth of the anxious person. In practice, it just looks like too much yawning.

Rubbing the Forehead (**Inner Struggle/Discomfort**)

Like neck stroking, this suggests a person struggling with something and experiencing discomfort.

Face/Cheek Touching (**Nervous/Concern**)

Touching the face or cheek occurs when a person is nervous, irritated, or concerned.

Exhaling with Big Puffed - Out Cheeks (**Relief**)

Right after something **bad** happens, people will often take a big breath, puff out their cheeks, and exhale slowly. This behavior suggests: "Whew ... that was close" and releases stress after something **bad** almost happened. Imagine someone letting out an enormous sigh of relief.

Ties and Jewelry (**Discomfort/Nervous**)

People will also sometimes fondle their jewelry or clothes when they are uncomfortable with a **question**.

Lip Compression (**Stress**)

When lips are pressed together and seem to disappear. Suggests stress.

The Ventilator (**Stress**)

When someone pulls their shirt collar away from the skin of their neck. Suggests discomfort.

The Feet and Legs: Defying Gravity

Obviously when it comes to freezing, fleeing, or fighting, the feet matter a lot. For this reason, the feet and legs have evolved as the site for highly effective tells for human behavior. According to Navarro:

When it comes to honesty, truthfulness decreases as we move from the feet to the head.

Generally, we can interpret feet, legs, (**as well as arms and hand**) **body language** as either 'gravity defying' or **not**.

Navarro calls behaviors that raise the feet or angle them upward gravity-defying. These behaviors, like rocking back on your heel and pointing a toe to the sky, or rising up on your tip-toes suddenly, suggest happiness, confidence, or that the person has heard or thought of something **positive**.

Interestingly, people with clinical depression show almost **no** signs of gravity-defying leg movements.

Happy Feet (**Confidence/Excitement**)

Happy feet are when a person's feet suddenly begin bouncing and wiggling up and down. They signal high confidence. You can read happy feet without seeing their legs directly by watching how a person's shirt and shoulders move.

Shifting Feet Direction (**Like/Dislike**)

We turn our feet towards things and people that we like and away from things and people that we **don't**. Often the upper body will be positioned towards someone, but the feet will point towards the exit. This betrays dislike or lack of comfort for the other person.

The Leg Cleanser (**Stress**)

When someone clutches their leg (**thigh**) and pushes down towards their knee. You probably do this unthinkingly if you have sweaty palms. The leg cleanser indicates stress.

The Knee Clasp (**Ready to Go**)

Placing both hands on the knees and leaning forward or shifting towards the front edge of a chair. This suggests the person is ready to conclude the interaction.

Leg Splay (**Dominance/Confrontation**)

Spreading your legs wide is a territorial display. There's actually a whole class of territorial display **body language** like this, which we'll mention later. Leg splay suggests dominance, but also confrontation. If a person moves from legs together to legs widely splayed, this suggests they're probably growing unhappy.

Standing Leg Crossing (**Confidence/Comfort**)

People **don't** cross their legs if they feel uncomfortable (**it's hard to flee from danger on one foot!**). Suggests confidence and comfort.

If two people have their legs crossed while interacting, they're comfortable with each other. When legs are crossed, people will often lean towards the person they favor as well.

Seated Leg Crossing (Like/Dislike)

When seated next to each other, people will cross their legs toward a person that they like and away from a person they dislike. If a person changes from the top, crossed-over leg pointing toward someone to away from someone, it suggests a decline in comfort or agreement.

Look at the knee. Is the knee being moved further away (**removing a barrier between the two**) or inserted between them, creating distance and blocking?

Foot Mirroring (Comfort/Discomfort)

If a person's feet **don't** mirror your own while you're interacting with them, something is **wrong**. Either they want to leave (**their feet indicate the direction they want to go**), or they **don't** want to interact with you for some other reason.

Intensity Changes in Leg/Foot Movement (Discomfort/Stress)

A sudden increase in the kicking of feet or movement of legs suggests discomfort. Similarly, the sudden freezing of foot or leg movement in response to a **question** suggests the person is stressed or threatened in some way. This is the freeze mode kicking in.

Torso, Hips, Chest, and Shoulders

The torso holds critical organs. Our limbic system fires up in moments of stress to protect this region of the body. By reading the openness and directionality of the upper body, we can learn a lot about someone's state of mind.

The Lean (Like/Dislike)

Simply put, people lean away from things they **don't** like and towards things they do. The same is **true** with people.

Ventral Denial and Ventral Fronting (Like/Dislike)

We expose our ventral (**front**) sides towards things we like. And we turn away from things we dislike. Think of how it looks (**and feels**) when you approach someone at a party and they angle themselves slightly away.

If you want to use your body to signal agreement, face the person and lean towards them with rapt **attention**.

The Torso Shield (Comfort/Discomfort)

Crossing your arms, reaching across to play with cufflinks or a watch, or putting an object like a notebook in front of your torso suggests a lack of comfort with another person.

Standing with arms crossed is **not** itself a tell. The key is to look for crossing to occur suddenly, in response to a question or other interaction.

Torso Splays (Dominance)

Splaying with the torso (**sprawling out with arms/legs outstretched**) is a territorial, dominance display. Think of the slouchy guy in class with **no** respect for the teacher.

Puffing Up the Chest and Baring the Torso (Aggression)

We're pretty far into ape land with these two. People puff out their chest and it looks ridiculous. But beware, because it often indicates a fight.

Baring the torso is an even more absurd dominance display: before fighting, people will take off a hat or shirt.

Heavy and Stressed Breathing (Aggression)

When under stress, the chest may heave rapidly. The body is trying to get as much oxygen as it can in advance of a potential conflict.

Shrugs (Confidence/Dishonesty)

High, even shrugs (**with both shoulders**) suggest confidence and commitment to what is being said. A low, half-shrug suggests a lack of commitment and possibly dishonesty.

Turtling (Weakness/Insecurity)

When a person slowly lifts their shoulders, as if making their neck disappear. Suggests: weakness and insecurity.

Arms

Arms are similar to feet in that you can often infer a person's emotional state by whether arms are defying gravity.

In general, arms uplifted, open, and high suggest confidence, happiness and **positive**. Arms low, still, or held close suggest **fear** or anxiety.

The Self Body - Hug (**Discomfort, possibly aggression**)

Crossing arms and rubbing the opposite shoulder, as if cold. If done with a defiant look and while leaning forward, suggests aggression, **not** pacifying.

Arm Withdrawal and Arm Freezing (**Fear**)

Arms straight to the sides or held across the chest suggests a person feels threatened. If a person's arms suddenly freeze with someone draws near, it may suggest **fear** of that person.

Arms Behind your Back (**Status/Fear**)

Arms held behind the back suggest, "**Don't** touch me". This can be because a person feels threatened, or because they are high status. Navarro uses the example of royalty, who often walk with their arms held behind their back.

Arms and Dominance (**Dominance**)

Arms spread wide claim more territory and suggest dominance. Think of the guy who puts his arm along the back of his date's chair.

Compare this display to someone who sits down elbows tucked into their sides and hands in their lap (**low - status, low confidence, low dominance**). People also do this with objects, like an intimidating lean across a counter with arms spread wide.

Arms Akimbo (**Dominance**)

Think of how an intimidating police officer or soldier might stand with hands on their hips, arms spread wide. Suggest authority and dominance by claiming a lot of territory on both sides.

Hooding (**Dominance**)

Linking fingers together and leaning the head back into the cup formed by the hands. Dominance and power.

Hands and Fingers

The human brain pays close attention to the hands of others. We evolved to watch for weapons and danger coming from others' hands.

Pro Tip: Never Hide Your Hands

Persuasive and powerful speakers always communicate with their hands. Never hide your hands. It suggests a lack of confidence or deceit. Generally, highly expressive hands are trusted more.

Handshakes

Navarro is clear: yes, handshakes do create a strong first impression. But, **no**, you **shouldn't** try to establish dominance with a handshake. Most people just have a **negative** impression of someone who yanks them around or crushes their fingers on first interaction.

Also **don't** do the politician's handshake, where you wrap your second hand over top of the hand in the shake.

Steeping: Somehow, Objectively the Most Confident Hand Gesture

Here's how Navarro explains steeply:

It involves touching the spread fingertips of both hands, in a gesture similar to “praying hands,” but the fingers are **not** interlocked and the palms may **not** be touching. It is called steeping because the hands look like the pointed top of a church steeple.

This is the most powerful gesture that someone can make to suggest confidence and in themselves and their ideas. I **can't** help but think of a clichéd portrait photo of a "thought leader" on stage.

By contrast, hand-wringing (like steeping but with fingers interlaced) shows stress and concern.

Thumbs: Keep them Up

The easiest way to think about the **body language** of thumbs is to remember the phrase 'thumbs up'.

If thumbs are up and out, it suggests confidence. Thumbs that point down or disappear suggest low confidence.

Think of someone who walks into a room with their thumbs hidden in their pockets like a hook and their fingers dangling down. **Not** exactly self-assured.

Genital Framing

This predominantly male dominance display occurs when men hook their thumbs in their belt or pants and use outstretched fingers to frame their genitals.

Think John Wayne or Han Solo on the prowl. It suggests exactly what you think it does.

Hand Stroking (**Anxiety**)

Rubbing or stroking of the hand during conversation suggests anxiety.

The Face

The Forehead (**Stress/Discomfort**)

Squinting or furrowing the forehead suggests stress and discomfort.

Head Tilt (**Confidence/Openness**)

A tilted head, often accompanied by a smile, suggests confidence and openness to the other person.

Eye Blocking (**Threat/Disagreement**)

We eye block when we **don't** like what we see. People may squint or cover their eyes with hands. Think of how people look away from a gruesome accident scene or a violent movie.

Eye - blocking suggests something has made a person feel threatened.

Eye blocking can happen via the eyebrows: low eyebrows suggests disagreement or something **negative** and high, while arched eyebrows suggest confidence and **positivity**. Eye blocking can also occur by squinting or blocking the eyes with the hands.

Wide Eyes (**Positivity / Commitment**)

Like arched eyebrows, flashbulb eyes (**big round eyes like an anime character**) suggest a person is overflowing with **positivity**. Watch eyes for emphasis in a story. Important

moments should be punctuated with wide-eyes, which signal commitment to what is being said.

Eye Gaze (**Comfort / Creepy Sociopaths**)

When people look away in conversation, it does **not** indicate deception. It's actually a display of comfort. The person is **not** intensely looking at you, so they **don't** consider you a threat.

Looking directly at someone for long periods sends strong signals of attraction or rejection. A steady gaze with a relaxed face suggests liking. But if it includes a tight jaw or compressed lips, it's probably more threatening.

Creepy people, like serial **killers** and predators, often use eye gaze to threaten and paralyze their victims.

Eye Blink and Eye Flutter (**Nervous/Concern**)

People blink more when they're nervous or concerned. If someone flutters their eyelids, they probably **didn't** like what you just said.

Mouth

Fake smiles occur only in the mouth. Real smiles occur all the way up in the eyes. When lips disappear into the mouth, it suggests stress. Lips pursed in conversation suggests disagreement. Lip licking is pacifying, meant to calm us down.

Chin Up (**Confidence**)

Tucking the chin down suggests low confidence. A raised chin suggests comfort and confidence. Here we see the gravity - defying principle at work again

Conclusion

It's important to **remember** that reading **body language** is **not** like a detective movie. If your partner blinks a few too many times while telling you what they did last night, it **doesn't** mean that they're cheating. **Body language** hints at something beneath the surface. This **doesn't** mean it's deception or guilt.

To effectively read **body language**, you must always compare signals to a baseline. Some people have tics and other behaviors that look like tells but are just habits that form part of the person's normal personality.

Context also matters. A job interview is inherently stressful, so you can expect some stress signals.

Overall, Navarro recommends looking for mismatch between statement and action. "Then I turned to the left, away from the alley", the criminal said while pointing to the right. The body is out of alignment with the statement. This may suggest something deeper.

In addition to mismatches, you want to look for relative changes to the baseline and clustering. Be on the lookout for sudden increases in pacifying behaviors and especially a cluster with a similar emotional direction e.g. wringing hands nervously and then stroking the back of the neck.

<https://gist.github.com/zcaceres/b91613bfbb82357e9adc2a803345fd12>

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More to be added in here soon.

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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 the next Her for YOUR life. This Web Site is sponsored by a small town **Lions Club**.

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Note: Yes. Both single people, people dating and married people have reviewed (**Well Pre – viewed**) this “Web Site” 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: One may have a Subscription as over age 18 Adult (**including the open part**) or the open Web Site part for only a small fee of \$3 for each month. If you like these ideas and tips – please tell a few others.

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

A new Web Site: <http://marriagesecondtimeplus.org/>

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Body Language => More planned to be added in here.

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If YOU like or YOU got some help from this MSTP PDF or YOU know of someone this part will help from this part above. Down load it and send it to someone.

If YOU have any other information on this subject above send the **MSTP PART** Doc to:

extra@marriagesecondtimeplus.org/

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

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If you have any comments please E-Mail us: info@marriagesecondtimeplus.org/

Visit: Tri-CountyRegion.US

Visit a new Web Site:

<http://marriagesecondtimeplus.org/>

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Former FBI Agent Explains How to Read **Body Language**

I worked with the FBI, CIA, and US Marshals on a Special Missions Team in the USAF.

Former FBI agent and **body language expert **Joe Navarro** breaks down the various ways we communicate non-verbally. What does it mean when we fold our arms? Why do we interlace our fingers? Can a poker player actually hide their **body language**?**

<https://www.youtube.com/watch?v=4jwUXV4QaTw> **15 min**

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Former CIA Officer Will Teach You How to Spot a **Lie**

In this participatory session, you will learn how to tell when someone is lying. Really. As a former CIA Officer with more than 20 years of experience in interviewing, interrogation and polygraph examination, Susan has seen her share of **truth** avoiders. She has, in fact, developed behavioral screening programs that are used by the federal government. **Don't** miss out on learning her methodologies in spotting deception.

Speaker: **Susan Carnicero**, Author of *Spy the Lie* and founding partner, Qverity.

https://www.youtube.com/watch?v=pni_kDv9BsU 48 min

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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 min

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Reading **Body Language** | **Janine Driver**

The average person **wouldn't** think that they can learn something from decoding the **body language** of a **murderer**. Little do they know, there is more than a little to learn through this unusual approach to protecting your friends, family and finances. In this out – of – the – box TEDx talk, retired ATF Investigator and Human Lie Detector, **Janine Driver** cracks the detecting deception through the nonverbal **hot spots** of **murderers**. **Janine Driver** is the founder, president, and lead instructor for BLUEStreak Training, an elite certification program that offers award-winning advanced communications training. BLUEStreak helps executives, sales people, and other professionals build executive presence; explode their selling skills; and create and deliver business presentations that win new business.

Janine and her team of the world's most sought after subject matter experts have helped clients become the total leader, which ultimately led them to win billions of dollars in new business contracts. Her elite A-list clients come from a wide variety of industries.

Janine has made appearances on NBC's Today, The Rachael Ray Show, and HLN. **Janine's** background includes being a federal law enforcement officer within the United States Department of Justice for 16 - years, where she trained over 60,000 lawyers, judges, and law enforcement officers how to read **body language** and detect deception.

<https://www.youtube.com/watch?v=lvxJoUuG018> 27 min

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I worked with the FBI, CIA, and US Marshals on a Special Missions Team in the USAF. This team went under-cover down in Jamaica for the FBI. We each received a package of the following info to study for 5 days before this team left the US.

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 are 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 suggests 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, 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 showing 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 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 if 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 (**even when not there**), 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 filtering 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.

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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{Within each packet is also some information about the Jamaica Island, study it well.}

Jamaican Culture – are from Africa, Europe and Asia have shape Jamaica, and make it the multifaceted mosaic of international customs and traditions.

People, smiles beam from faces in hues ranging from rich coffee to condensed milk-sweetened cocoa. These warm faces bear physical features that are seldom duplicated.

There are small noses, proud noses, strong chins, **blue** eyes and dark ones, full lips, fine mouths, and corkscrew hair curls.

Nearly every race is represented – African, English, Spanish, Irish, Scottish, Indian, Chinese, and German. They came – to conquer, colonize in search of a better life.

They've jumbled and fused, creating the most extraordinary racial and cultural medley, of people.

Offering handshakes, hugs and hearty hellos, Jamaicans are naturally warm and friendly. Often their humor **cannot** be contained by simple smiles and breaks loose into contagious laughter. They seldom cry, choosing to laugh instead at whatever comes their way.

Reggae beat music pulses through their veins, giving them an internal rhythm that fuels most of them with abounding energy.

Their past is marked by slavery and the long struggle for independence, has made them proud, resilient and strong. Jamaicans, although soft - hearted, are sometimes **not** tactful or overly sensitive, and very often, **not** politically correct. They always say it like it is. **Don't** be offended if on the streets you are called "Browning", "Redman", "Coolie", "Whitey", "Blacka" or "Miss Chin". It's the way they acknowledge and make light of their diverse racial heritage.

There is Africa influence everywhere – in the faces of nine out of ten Jamaicans, in the language, food, craft, religions and customs. So are the Spanish, English, Irish, Germans and Scots have all left their mark on the people of this Island.

You'll see it in their place names, educational and systems, language, architecture and religion. This fuels the entrepreneurial **spirit** while the aromas and flavors of these Eastern cultures are in some foods.

Jamaica Talk = So much more than a means of communication, our language emerged as the expression of a people torn from their roots and oppressed. It was as much a part of them as the dark hue of their skin - their way of communicating the exclusion of others.

Centuries later what we have is **not** a language of defeat and depression but a colorful lingo spoken by a people with a gift for vivid imagery, ridicule and irony, down – to - earth humor and bawdy cuss - words. A creative intermingling of words which that their roots in the English of the colonizers and the African tongues of the majority.

A lot of it is quite easy to adapt to. Jamaicans tend to drop the "r" at the end of words, so that dollar becomes "dolla", and water becomes "wata".

Double "t's" within words sometimes become double "k's", changing little to "likkle", and bottle to "bokkle".

We often add or subtract "h" at will so that when you "harrive" at your "otel", "heverybody" will tell you "ello".

For simplicity, men and women alike become "im" or "dem". "Dem" is quite a versatile word. It also acts as a modifier to pluralise everything, so "yuh new fren dem" will accompany you to the "place dem" that you need to visit.

Jamaicans also have an interesting system of adding words - your "frock tail" may "hitch up" under your "foot bottom" causing you to "drop dung" and hurt your "neck back".

Many words and phrases are unique to Jamaica. When in Jamaica you "nyam" (**eat**) your "bickle" (**food**) and "labrish" (**gossip**) with friends.

"Jam" (**hang out**) on the beach with your "likkle boonoonoonous" (**someone you love**) or "bush - out" (**dress up**), "touch di road" (**leave your house**) and "go sport" (**socialise**). In the market you're sure to get "brawta" (**a little extra**) with any purchase.

Enjoy "Ital stew" (**salt-free, Rastafarian vegetarian dish**) and a good "reasoning" (**discussion**) with your Jamaican "Idren" (**friends**).

"Skank" (**Rock to Reggae music**) at a local "dance" (**street party**) and drink a "stripe... well cold" (**very cold Red Stripe beer**). And at the end of it all? "It sweet fi talk."

A **Few Good Words to Know** = Wha'appen? (**What's up?**) – is a greeting used among friends. Seen = (**Yes, I understand / It's OK**) - response used in the affirmative or to reassert understanding.

Nuff (**Plenty**) - used to represent volumes... of just about anything; also, to describe an overbearing personality, e.g.

"Memba fi buy nuff tings" at the craft market. (**Remember to buy lots of things**);
"How da gyal so nuff?" (**Why is that girl so overbearing?**)

Bashment (**Excitement / Party**) - used as a noun, adjective, adverb, e.g. "Mi a go a 'bashment'" (**I am going to an exciting event**).

"Im roll up inna one bashment car" (**He arrived in an impressive vehicle**), "What a bashy piece a outfit yu wearing!" (**The outfit you're wearing is gorgeous!**)

Rhaatid (**Wow**) - used as an expression, adjective or to intensify, e.g. "Rhaatid, di gate drop down" (**Wow, the gate fell**), "She get a rhaatid lick" (**She got a bad hit**), "A figet di mango to rhaatid" (**Oh no! I forgot the mango**). Walk Good (**Good bye, take care, safe travels**) - departing salutation, issued with good wishes.

* Anancy (**Anansi**): The principal character in many Jamaican folk tales, Anancy, a spider, is shrewd and cunning. The name is now generally used for a spider.

* Bammy: Flat round 'pancake-looking' bread made from grated cassava from which the bitter juice has been extracted.

* Bankra: Basket made from straw or wicker.

* Blabba mout: Person who talks too much.

* **Cho - Cho:** Small pear shaped vegetable often cream or **green** in color also known as chayote.

* **Criss:** Jamaican expression meaning "Pretty"; "fine"; or "okay".

* **Finnicky:** Flighty; jumpy.

City of Kingston = History - The British renamed “Puerto de Esquivella” (**the former Spanish shipbuilding town**), “Old Harbor” – despite the fact that the town is quite a distance inland!

Over the years, the town has prospered because of its proximity to Old Harbor Bay, known for its wide fishing beach and bustling seaport.

In the 1950s, Alumina Jamaica Limited renamed part of Old Harbor Bay as Port Esquivel, an Anglicised version of the Spanish name. Today, the port still brings much needed bauxite earnings to the small town, as Port Esquivel employs many Old Harbor residents.

Local Flavor = In a country that has scant regard for time, it is quite amazing that the clock standing in the center of Old Harbor Square, which was installed shortly after the English colonized Jamaica in the 17th century.

Still keeps perfect time! The iron clock tower is impressively well maintained and stands in the center of town, at the junction of two major roads.

Don't Miss - A few kilometers north of the Old Harbor town center is Colbeck Castle, Jamaica’s mystery building. Colbeck Castle was, for a long time, the largest building of its kind on the island. It is alleged that the castle was built by John Colbeck, a colonel of the British army that invaded Jamaica in 1655.

Colbeck became a wealthy landowner and a member of the assembly in the parish of St. Catherine, and upon his **death** was buried in the Spanish Town Cathedral, to “great applause”, as his memorial states.

Historians speculate that the castle was three stories high in its prime, with square colonnades, arched arcades and a moat, fed by a tributary of the Rio Cobre River.

At each corner of the mansion, there are holding quarters built deep underground, possibly as a holding area for slaves or errant servants.

Today the castle is in ruins, but its statuesque and imposing remains hint at the splendor it must have once been, surrounded by acres of pastureland with goats and cows occasionally sauntering by.

Say Hello = To: Even before one enters the town of Old Harbor, the smell of **hot** bread wafts across from Honey Crust Bakery, a landmark in the center of town. **Stop** in for **hot**, fresh - baked hard dough breads, buns and pastries. If the breads are still in the oven, take a moment and ask inside for Mrs. Golding, the proprietor. Mrs. Golding is usually around and is a charming Jamaican lady who is quite involved in the social improvement of the town.

City of - Charms of Ocho Rios = History - The district of Claremont was first called "Finger Post" until it was renamed in honor of the first house built there, "Clermont House".

The countryside around the town has for centuries been home to the wealthy landed gentry, and even today is dotted with elegant homes and estate houses.

The wealth associated with the area can be seen in the architecture and plan of the town; the shops of Claremont High Street exhibit remarkable architectural detail as well as very refined finishing.

The special allure of Claremont is **not** to be found in the town itself, but rather around the town, in the rolling hills, estates and lush meadows.

There are many interesting and worthwhile driving routes and detours, with beautiful homes set against breathtaking views.

Meet the local people = Share in the Jamaican Experience - What better way to experience the culture of a nation than through its people.

For travelers seeking insight into the Jamaican experience and the warm welcome of a Jamaican friend.

Island people reaches out to visitors curious to explore the culture of this vibrant Caribbean island.

Taking them beyond the traditional resort and beach setting into the colorful realm of Jamaica's lifestyle, tradition and customs.

An Enriching Experience of Hospitality - Jamaican who can enhance their enjoyment of the real Jamaica.

Guests may get to meet a family or know a fellow musician, doctor, photographer, nurse, teacher or artist, or participate in a wide range of activities, such as hiking, shopping at a local craft or food market, visit a church, tour a facility or have a chat over Jamaica's famous **Blue** Mountain coffee.

Whatever the focus, these activities are uniquely Jamaican, providing an island experience that only locals can create, and a pathway to the unique aspects of Jamaica's

rich endearing heritage in people, culture, music, cuisine and natural landscape. We are waiting to welcome you!

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This team has much to study and learn about and to study to make this mission a total success and good valued information gathering mission. We depart in 5 days.

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

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*.

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

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

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 yourself about yourself?

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 yourself about yourself?

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

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How Your Unconscious Mind Rules Your Behaviour: Leonard Mlodinow

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

<https://www.youtube.com/watch?v=vcJm-y7UnLY> 19 min

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This sponsoring Lions Club does **NOT** endorse all information contained this **MSTP > PDF # 36** part.

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THE END OF PDF # 36

Body Language Etc. as to more is to come here.

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