

AWESOME LIFE club



BODY LANGUAGE CHEATSHEET

10 BODY LANGUAGE CUES THAT WILL MAKE YOU A COMMUNICATION MASTER



The pursed and stretch lip smile means someone is hiding something from you. They either: don't like you; have an opposing viewpoint; or have some information you don't.



A direct clue that the person you are speaking to is lying. The brain unconsciously directs the hand to the mouth in an attempt to try to block out words of deceit. Remember this: "Speak no evil."



Crossed arms is a guarded body position. It signals that the person is not comfortable with you or people in general, or doesn't like what you are saying.



If a person supports their head with one hand and places an index finger pointing up along the side of the face, they are not interested, or are being critical about what you're saying.



When a person increases their rate of blinking or leaves their eyes closed a bit longer than seems natural, they are bored by what you're saying.



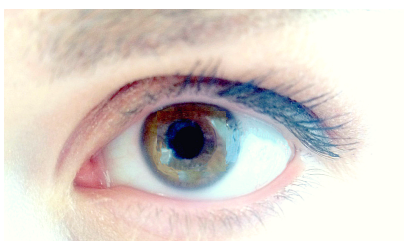
The way people point their feet is the direction they want to go. If they are interested in someone, their feet will point towards them. Conversely, if they want to exit their feet will point towards the door.



If a person crosses their arms and legs, they are not interested in communicating. If you notice this while speaking in front of a group, your audience is not engaged.



If you meet someone and they shake your hand with their hand slightly above yours, they want to dominate you. A completely equal shake where both hands meet and are parallel displays respect.



When a person is in a positive mood, becomes excited, or is attracted to something they see, their pupils will dilate.



If you're in a negotiation, playing a game, or having a friendly debate, and you see a person bring their hands into a peak position, it means they are confident they're winning.