

Body language often communicates how someone might really be feeling. Which indicators do you notice?

### *Lowering your head*

Lowering your head could say that you are ashamed of something, or that you are shy, or maybe hiding something, like the truth

### *Blinking too much*

Blinking your eyes too much could say that you are nervous or anxious

### *Squinting*

Squinting your eyes could say that you feel threatened or unhappy

### *Arms akimbo/power posing*

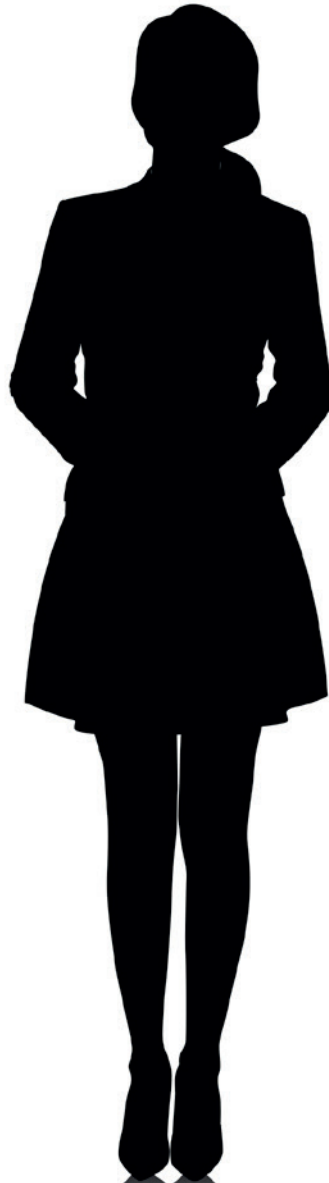
Putting your hands on your hips with elbows turned out could say that you are displaying dominance, authority, or self-confidence

### *Sitting positions*

Even how you sit could communicate a particular behaviour. You could come across as being extremely confident and relaxed, or unsure and timid

### *Feet facing towards someone*

Facing someone with feet forward could say that you are interested in what someone is saying



### *Arched eyebrows*

Raised eyebrows could say that you are intrigued with what the person is saying

### *Direct eye contact*

Looking into a person's eyes could say that you are interested in what they are saying

### *Arms crossed*

Crossing your arms in front of you could say that you are uncomfortable or defensive

### *Mirroring*

Mirroring someone or imitating someone else's body language could say that you are interested in that person and also comfortable with their presence

### *Shaking your legs*

Moving your legs a lot could say that you are nervous, impatient or anxious