

Your Body Language Shapes Who You Are

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There are several questions over body language.

First of all, “what are nonverbal expressions of power and dominance?” To put it simply, they are about expanding. You make yourself big; you stretch out; you take up space; you’re basically opening up. By contrast, when we feel powerless, we do exactly opposite: we close up. We make ourselves small; we wrap ourselves up; we don’t want to bump into the person next to us.

Second, “we know that our minds change our bodies, but is it also true that are bodies change our minds?” Amy Cuddy did an experiment which indicated that our non-verbals do govern how we think and feel about ourselves, so it’s not just others, but it’s also ourselves. Also, our bodies change our minds.

Last, the lecturer wants to convey the idea is that tiny tweaks can lead to big changes; configure your brain to cope the best in that situation, and show who you are. It can significantly change the outcomes of their life.