

Understanding Body Language: Facials, Eyes, Mouth, Gestures, Legs and Arms
Physiognomy (face), Kinesics (body language), Proxemics (body positioning)

Eye Contact

1. Direct eye contact - showing your interest, confirming your attention
2. Prolonged eye contact - threatening or intimidating to the person you are dealing with
3. Breaking eye contact and frequently looking - send a signal that you are distracted, uncomfortable or trying to conceal your real feelings

Blinking

1. Rapid blinking - enduring a lot of discomfort and stressing situations.
2. Infrequent blinking - trying to control eye movements, convey a certain emotion
3. Dilated Pupils - Hard thinking, Overloaded brain, Pain, Drugs

Lips

1. Lip biting - worry, fear, stress or insecurity, shy people
2. Pursed Lips - Distaste, Disapproval, or Distrust
3. Slightly turned up - happy or optimistic
4. Slightly downturned - sadness, disapproval, or even an outright grimace

Arms and Legs

1. Crossed arms-defensive person
2. Standing with hands placed on the hips-confidence/aggressiveness
3. Clasping the hands behind the back-Apprehension, frustration, anger
4. Crossed legs-completely closed up.

People are uncomfortable

1. Higher degree of self-awareness
2. Avoiding eye contact
3. Avoidance
4. Limited gestures and movement
5. Withdrawal