

Body Language

As demonstrated with appearance, we will have chapters here as well. This will make it easier to organize everything and maintain a logical flow.

The chapters are the following:

- 1) The Head
- 2) The Torso
- 3) The lower body

Before getting into the actual behavioral analysis, I should first clarify how you should use the following information, by showing all steps necessary:

1. Get the Baseline of the person
2. Search for indicators
3. If 3+ indicators direct to a specific thing form a theory
4. Compare theories and cross-validate

**Baseline -> The Normal Behavior of Someone- when they are not stressed or affected by emotions.*

1. The Head

The head is the human area with which we communicate. Every feeling, every thought, every attempt to deceive is depicted in the face. From frowning and smiling to subtle eye movements and head tilts, we can detect everything that someone is feeling/thinking just by **observing**.

It only follows that such an area is very complicated, with many muscles and many different ways to convey certain messages, so we will have to divide it into smaller subsections:

- The Head
- The Forehead
- The Eyebrows
- The Eyes
- The Ears
- The Nose
- The Mouth
- The Cheeks
- The Chin
- The Face

1) The Head

- **Playing with the Hair**

Playing with the hair, as in twirling, twisting, and stroking, is a **pacifying behavior**.

It usually means that the person is in a **good mood**, if the context fits that story, meaning, during relaxing, reading, etc. It also indicates **stress**.

If the **palm** of the hand faces the **head**, it indicates that it is a **soothing, pacifying act**. Pacifying behaviors help us when we feel **stress and/or anxiety**. We also do that to **kill time**.

Playing with the hair while the **palm** is facing **out**, is a public display of **comfort**. It also usually indicates, if the context fits, that the person, playing with her hair, is **interested** in the other **person**.

- **Running Fingers through Hair (men)**

Such an act usually indicates **stress**, however, it can also indicate **doubt and/or concern**.

- **Ventilating Hair (women)**

Ventilating the hair is also a **pacifier** that relieves heat and stress.

This also shows that the woman is subject to **concern, doubt, and/or agitation/confusion**.

Sometimes however, if the context fits, it is simply an act to **release heat**.

- **Hair Flipping and Touching**

Touching, flipping, or pulling the hair is a common gesture that indicates the effort to **attract the attention** of a potential mate.

Such an act attracts general attention since our *orientation reflex* alerts us subconsciously to any sudden move, making hair touching in general something that everyone sees. “Magicians” use this as a distraction.

- **Hair Pulling**

This is something rare that most adults at least do not do. It shows that the person is experiencing **severe stress**.

In most cases, the person has *trichotillomania*, or “**hair-pulling disorder**”, which indicates a **nervous personality full of stress**, and is itself considered a **nervous tic**.

- **Head Scratching and Tummy Rubbing**

If someone is simultaneously rubbing their tummy and scratching their head, it means that they are **in doubt or wonder**. Moreover, it indicates **insecurity and incredulity**.

- **Crossed Fingers behind the Head (Elbows Up)**

This act, otherwise known as “**hooding**”, indicates a **territorial display**, and is something we normally do when we are **comfortable** and **in charge**. People almost never “hood” when someone of higher status is present.

- **Reaching for Head (Stupefies)**

If someone tries to reach their head with their hands, you can immediately say that they are **shocked, in disbelief, and/or stupefied**.

It may also indicate that someone has a lot of **pressure and stress**.

The **greater** the pressure of the hands-on head, the **greater** the **stress**, and the **worse** the situation.

- **Hat Lifting**

Under **sudden stress**, people often lift their hats to ventilate their heads.

If someone does this during a situation of **high anger** expect a **fight**.

2) The Forehead

- **Forehead Tension**

When people are **stressed**, a noticeable tension appears on the forehead.

- **Forehead Furrowing**

If someone frowns, it is a **strong indicator** that there are **issues**, and/or that the person is **insecure**.

It can also mean, if it fits the context, that the person is trying to **concentrate**.

Furrowing is however associated with **doubt, concern, stress, tension, and/or anxiety**.

- **Forehead Sweating**

Generally, when the forehead sweats, it indicates **high stress**.

- **Forehead Vein Throbbing**

If the veins on the person's forehead start throbbing or pulsing, it **means** that they are experiencing **anxiety, concern, fear, and/or anger**. Sometimes, if the context fits, it means that they are **excited**.

- **Forehead Massaging**

If someone touches, massages their forehead, it indicates that they either have a **headache**, that they **process information**, or that they have **worries, concerns, doubts, and/or anxiety**.

- **Pressing Hand on Forehead**

Pressing the hand against the forehead is a **pacifying** act that relieves the person from **stress, anxiety, doubt, and/or insecurity**.

- **Puzzled Look**

If the area between the eyes is pulled together, it means that the person is **struggling mentally** and tries to **work through a problem**.

Many times, it also means, if it fits the context, that the person shows **disapproval**.

- **Covering the Forehead with a Hat**

Whenever someone covers their forehead with a hat, it means that they are **stressed**, and/or **embarrassed**.

3) The Eyebrows

- **Eyebrows Flashing (Happy)**

Such action indicates **excitement** and the **recognition** of something **pleasant**. This indicates that the person experienced something **positive**.

- **Eyebrows Flashing (Tense)**

This behavior is the result of an **unwanted surprise or shock**. In combination with a tense face or lip compression, we can deduce that the person experienced something **negative**.

- **Eyebrows Flashing (Chin towards Neck)**

This occurs when someone is **suddenly** in **doubt**, and/or **very surprised**. This can also indicate that the person witnessed something **embarrassing**.

- **Eyebrow Greetings**

Such behavior indicates **surprise** and/or **recognition** of something.

- **Eyebrow Asymmetry**

This signal means that the person is in **doubt** and/or **uncertain**.

- **Eyebrow Narrowing**

When the area between the eyes becomes narrow, it indicates that there is an **issue**, **concern** and/or **dislike**.

4)The Eyes

- **Pupil Dilation**

The pupils dilate when we encounter someone or something **we like** and/or **feel comfortable** and **want to be around**.

- **Pupil Constriction**

The pupils constrict when we see someone/something that we **don't like** and/or when we have **negative emotions**.

- **Relaxed Eyes**

A pair of relaxed eyes indicate **comfort** and/or **confidence**.

- **Eye Socket Narrowing**

Such action means that the person in question is **upset, stressed, threatened**, and/or any other **negative emotions**. It is a very good indicator that something is **wrong**.

- **Quivering under eyes**

The small muscles under the eyes and above the cheekbones are very sensitive to **stress**, this being an excellent indicator.

- **Blink Rate**

The typical rate is 16–20 times per minute. People who blink less usually spend hours in front of **computers**, while those that blink faster, spend a lot of time in **dust or pollen**.

Furthermore, a faster blink rate indicates a person's **arousal**.

- **Frequent Blinking**

When someone blinks rapidly, it usually means that the person in question is **stressed, tense, concerned, and nervous**.

- **Eye Contact**

Eye contact can mean several things that differ across cultures, therefore making it very hard to understand what this gesture

means. However, if someone makes sudden eye contact, or breaks and re-establishes it, we can understand many things.

When someone establishes eye contact over and over again with the same person it indicates that the person is **interested**, not in a specific way, in said person.

A sudden eye contact, in each context, is something that indicates that the person that makes turns or adjusts their position to establish eye contact is **related** or **works** with them.

Furthermore, when in **doubt**, **shocked**, **scared**, **concerned**, etc., people usually look to the people that are **important** to them and that they care about, or to the people that **take care of them**.

- **Avoiding Eye Contact**

As opposed to eye contact, avoiding contact is more straightforward. Avoiding a visual connection with some person's eyes, indicates that the person (that avoids eye contact) finds the other person **obnoxious**, **unlikable**, and/or **repressive**.

People also often try to avoid eye contact with **strangers**, or with people that do something **embarrassing**.

Avoiding eye contact does not equal deception, but rather **shame** and/or **embarrassment**.

- **Seeking Eye Contact**

When people want to **make connections** or **strike a conversation**, they scan with their eyes until they make eye contact with someone.

- **Gazing with Sentiment**

Gazing at someone with an emotional touch (to the gazing) indicates the **increased interest** and/or **love** to the other person.

- **Gaze Engaging**

Such behavior is intended to get the attention of the other person in a **warm** and **romantic** way.

- **Staring**

Opposed to gazing, staring indicates **alarm** and/or **suspicion**.

- **Keeping the Eyes Closed**

Keeping the eyes closed for a period longer than the one deemed normal, indicates **dislike, concern, disbelief, and/or worries**, generally a form of **psychological discomfort**

- **Eyes Closing for Emphasis**

Sometimes, people tend to close their eyes for a **dramatic** effect and to **emphasize their point**.

- **Covering of Eyes**

Blocking the eyes with a hand or fingers is a behavior indicative of something **negative**. It also indicates **negative emotions**, like **concern, lack of confidence and/or embarrassment**.

- **Closing Eyes and Rubbing Nose**

This behavior is a very good indicator of **fear, doubt, concern, dislike, insecurity, and/or anxiety**.

- **Crying**

Although the natural response to **loss, pain, etc.**, some people tend to use crying to **manipulate others**.

- **Crying and clutching objects**

If someone cries and in the meantime grabs something with power, it is an excellent indicator of **severe negative emotions**.

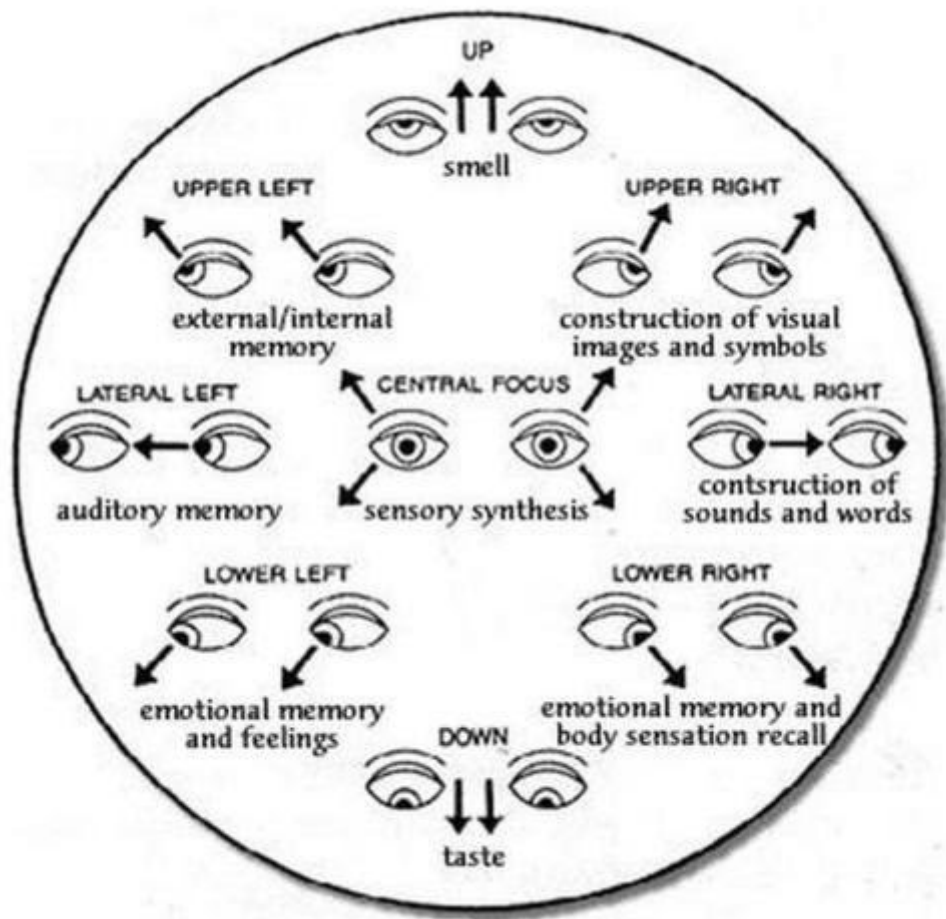
- **Eyes Darting**

If one darts their eyes back and forth it is associated with the processing of **negative information** and/or **negative emotions**.

However it is possible that the person has **Nystagmus**. This is a vision condition in

which the eyes make **repetitive, uncontrolled movements**.

- **Eyes Accessing Cues**



This however, **is not an exact science**. These are simply indicators, and for left handed people, the image above should be the opposite (along y-axis)

- **Eyelids Fluttering**

Sudden eyelid fluttering suggests that something is **wrong**.

- **Eye Pointing**

Placing the index finger under the eye and rubbing it indicates **disappointment**, **embarrassment** and/or **tiredness**.

- **Eye Pointing Cluster**

Rubbing the eye with the index finger, while arching the eyebrow(s), and compressing the lips, conveys **doubt**, **bewilderment** and/or **incredulity**.

- **Eye Rolling**

Rolling the eyes is a good indicator of **contempt**, **disagreement**, and/or **dislike**.

- **Eyelid touching**

If someone touches or scratches their closed eyelid, it is a very good indicator that they feel **embarrassed** and that something is/was **improper**.

- **Fatigued Eyes**

Fatigue is first shown by the eyes. When the eyes look tired, it is an excellent indicator that the person is **very tired**.

- **Far-off Look**

When someone stares at the distance, it means that the person in question is in **deep thought** and/or **recollection**.

- **Glazed Eyes**

Glazed eyes, if the context fits, are a very good indicator of alcohol **consumption**, and/or **substance use**.

- **Looking Sideways**

During a conversation, if someone looks to the side, it shows **doubt, reluctance to commit, disregard, suspiciousness, and/or contempt**.

- **Looking at Ceiling (or Sky)**

When **bad luck** strikes or something seems **impossible**, people tend to look to the ceiling.

- **Looking for acceptance**

When someone **lacks confidence or lies**, they tend to scan faces to see if other people believe them.

- **Eyes Lowered**

This is a **defensive behavior**, showing **piety, humility, deference and/or guilt**.

- **Sad Eyes**

This is the best indicator of **sadness**.

- **Looking Away**

Looking away is not an indicator of deception, but rather that of **comfort** if the context fits. Moreover, people usually tend to look away when **thinking or trying to recall** something

- **Long Stare**
This is an indicator of **deep thought** or the **processing of information**.
- **Squinting**
Such behavior indicates **discomfort or concern** if the context fits.
- **Slight Squint**
A slight squint is a very good indicator, if the context fits, that the person is really **angry**.
- **Angry Eyes**
The person is angry
- **Eyes Widening**
Such behavior indicates **stress, surprise, fear or a significant issue**.

5) The Ears

- **Pulling the Earlobes**

If someone pulls their earlobes, it is an indicator that they are experiencing **stress, doubt, hesitation**, or that they are **contemplating** something.

- **Ear Blushing**

When someone's ears blush, it indicates that they are **angry, embarrassed, anxious** or very **stressed**.

- **Ear Ornamentation**

Ear ornamentation conveys **the attempt to communicate social status, courtship availability or group identification**.

Depending on the ornament you can understand if someone is **insecure**.

6)The Nose

- **Covering Nose with both hands**

This is indicative of **shock, surprise insecurity, fear, doubt** or **apprehension**

- **Upward (or Unilateral) Wrinkling**

Wrinkling the nose is one of the best indicators! It shows **disgust and dislike**.

- **Nose Twitching**

Nose twitching is a very rapid movement that also indicates **dislike, confusion, doubt, or fear**. It is also a linguistic that asks “What is going on?” or “Do you need anything?”.

- **Index Finger to Nose**

This behavior is associated with **concern, confusion, or doubt**.

- **Nose Brushing**

Brushing the nose, usually with the index finger, shows that the person is experiencing **stress or discomfort**. Sometimes, if the context fits, it means that the person is **pondering something dubious or questionable**.

- **Holding Nose High**

An intentional tilt of the head to keep the nose high is a very good indicator of **arrogance, confidence**, and also that the person believes that they are **superior** to the others in the environment.

- **Nose Tapping**

Nose tapping is associated with **disbelief**. Depending on the context, **metaphorically or**

literally. It is a linguistic shortcut of “Yeah right!” (*Sarcastically*), and “Touche!”.

- **Generally, Contact to the Nose Area**

Any contact for more than a second to the nose, (meaning excluding the nose tap, sometimes), is indicative of **stress or concern!**

7) The Mouth

- **Loud Short Exhaling**

When someone exhales with their lips slightly open, it indicates **high stress**. This behavior is usually associated with bad news or a difficult situation generally.

- **Loud Cathartic Cleaning**

This indicates that **stress is being released**.

- **Sucking Air through Sides of Mouth**

Such behavior is a very very good indicator of **fright, concern or anxiety**.

- **Holding the Breath**

Holding the breath is a natural reflex, thus making it a very good indicator of **STRESS**.

- **Vocal Tics**

Sudden vocal projection of noises is the main indicator of **Tourette's Syndrome (TS)**.

- **Intense Chewing**

Chewing is a pacifying behavior. Chewing gum, biting/chewing their tongue, etc., are all indicators of **stress**.

- **Smoking**

If the decision to smoke is made by a mature person, that is a smoker, it is a perfect indicator of **stress**. If it is made from someone immature or very young, it is the best indicator of **troubled adolescence, social anxiety**, and that the person is very **insecure about their place among their social group**.

- **Overreaction**

Overreacting is an indicator of **stress and anger**. However, it can also indicate that the person is a **control freak**.

- **Tongue in Cheek**

Pressing the tongue against the cheek is an indicator of **stress**. This, if the context fits, is also an indicator that the person in question is trying to **deceive**.

- **Voice Pitch**

When **nervous**, our voices tend to **rise in pitch**

- **Filler Sounds**

Sounds like “ahh”, “mhm”, coughing or throat cleaning indicates that people are momentarily at a **loss for words**.

- **Coughing or Throat Cleaning**

This behavior is indicative of **stress**. Nervous people tend to do these when asked to answer a question.