

Activity Sheet 8 – Body Language analysis

Thank you for helping me with this exercise. It is designed to provide me with feedback on my body language. Please observe me in the situation listed below and provide honest and open feedback.

Situation for observation _____

Generally how would you describe my body language – please circle all that apply.

Appropriate	Nervous
Aggressive	Passive
Provocative	Closed
Open	Assertive
Irritable	Confident
Unkind	Accommodating
Dismissive	Frightened
Enquiring	Frustrated
Bullish	Condescending
Grovelling	Superior
Dead-pan	Self effacing
Positive	Inclusive
Happy	Sad
Patient	Depressed
Dismissive	Good eye contact
Kind	Scary
Distant	Angry
Bored	Distant
Interested	Intense

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Please provide me any general feedback about my body language - both positive and areas that you think I could improve on and why.

Thank you for your help