

7th lesson

Principle 5

Stage of relationship

Let's zoom in to the relationships, the one and the most important thing we have in our lives. The single most important one is the relationship with yourself, but we will save it for another conversation. In this lesson, we will speak about the body language of relationships and knowing how is the relationship evolving.

This valuable information can save you a lot of pain when you are just at the very beginning of the relationship in meeting phase because it will reveal the true feelings of the people, whether they like you or not. And it can save you a lot of trouble when you already are in the relationship, and you are having some hard moments, it will help you in noticing when the problem occurred, so you don't overcome and open it straight away. You can talk it through before it gets much more significant.

People themselves are sometimes acting paradoxically, especially when they feel hurt. When you hurt someone, the person closes himself/herself and waits until the other partner notices it, and only then he or she opens up. When the other partner doesn't see it, the problem is getting more significant because of the snowball effect so to catch the early stage if the problem is a win-win game for both of them even at the price it will be uncomfortable. And to be honest, it's going to be painful anyway, so it's just better to open it up until it's not that bad. We spoke about this problem in the first chapter.

The first thing we are going to discuss here is **leaning**. We discussed the principle that has to be applied in this body language tell, can you tell which one it is?

It is written in the 6th chapter about stress behaviour. When you like something, you are trying to get the closest possible... **When you like someone, you will lean towards the person** in all instances. When the person is next to you, in front of you or below you...:)

This tell is very difficult to produce without feeling it when you will observe someone you will notice that people can hold in this position for tens of minutes when they like or dislike someone. When you try to fake this behaviour, you will find it very exhausting after just a couple of minutes.

Another essential thing that greatly determines how the relationship is evolving is **touch**. It is a very advanced state of a relationship when there are needed approvals from both sides of participants. That the importance, **when the relationship is going well, after some time, it's allowed to touch each other** without breaking any social boundaries (handshake excluded, it's a different thing). And we are not talking necessarily intended sexual touches the touches between same sexes, are also very advanced.

When there are not both-sides approvals, and one side breaks the social rule and touch the other, he violently broke the privacy of the person, broke the social norm. The affected person is getting into a safety and security mode, and in simple words, you are losing the person unless you do something about it. But to do something about it, you have to be aware of the stress felt by the person. Luckily, you already know how the stress behaviour looks like.

When the touch is present in some relationship, and both sides approve it, these two people are very close, when they are in the meeting phase, they are good to progress to another level, and when they are in a long-term relationship, everything is fine.

In the relationship, it is also essential to watch the changes in the number of touches.

Spatial Issue is the next topic; we need to discuss. It's remotely connected to the touches because to touch someone you have to get close to the person.

Remember the principle from the 6th chapter again and apply it at this point too. **When you like something, you are trying to get the closest possible**. Here it works without any more in-depth explanations. When the distance between you and the person is near, you have to decide how close it is based on observing baseline of the person, the person feels nice with you, likes you and wants to be closer to you. On the other side

when the person keeps longer distance from you, the person doesn't want to be around you, doesn't want to get closer to you, and you have to find out why is it.

But be very careful at the reading these signs, in this lesson we are getting to the hard part of observing body language where the point #*lying to yourself* is very relevant. In readings related to the relationships, we tend to make the most significant mistakes because we want it to end up differently. We all have been there, when you badly wanted someone to be with you, you altered all their behaviour to explain it that they like you so. But if you take a deep breath, stand firmly on the ground and rationally look at the body language of the person, you would see clearly, it is a no point of putting an effort there.

Time to summarise the section. There are three things that are crucial to follow in determining whether the relationship is going in the right direction.

Leaning

When you like someone you will lean towards the person.

Touch

When the touch is present in some relationship, and both sides approve it, these two people are very close.

Spatial Issue

When you like something you are trying get the closest possible.

Warning!

Be very careful at the reading these signs, in this lesson we are getting to the hard part of observing body language where the point #*lying to yourself* is very relevant.