

# How to read facial expressions

Perhaps the epilogue to the series of articles about the facial expressions of people you should make a quote: "everybody lies" (c)Dr. house. Therefore, you should develop the ability to recognize the thoughts of the interlocutor. Now look at the numbers: the information transferred between the interlocutors is 7% words, 30% through your voice and about 60% we get on other nonverbal channels such as facial expressions, gaze, etc.

As a consequence, it is necessary to perceive the interlocutor in the complex, to consciously record that says, what his body language and facial expressions. The only way to objectively assess the truthfulness of the words and thoughts of the interlocutor.

What people are concerned about in the time of the conversation they manifest in two ways:

- Conventicle (the way people usually communicate his thoughts)
- Spontaneous (unconscious)

When a person tries to distort his real attitude to the data that says often be a deliberate hint of non-verbal nature, sometimes it is true, but more often — disorienting.

Of course, people willing to cheat are also trying to use such knowledge, but the person is not the can be kept under control more than two or three reactions that are born in it. [get help on essay](#) But this is the opportunity for recognition is not truthful companion. Of course if you have the appropriate knowledge.

Unconscious reactions in different people are manifested in different ways. Therefore, in order to talk about the 100% understanding of the reactions need to know very well person. This is important to remember, no need to enter themselves in unnecessary self-deception is a sure way to run into blunders.

## Psychological analysis of human

Analyzing the other person, you should pay attention to such factors of identity formation as the national traditions in which the person grew up, education, environment and personal characteristics of the object. You need to consider how situational a person's mood and how he responds to external stimuli (event, act).

There is a controversial opinion that women are easier to read than men because of their natural emotion.

How well a person is able to hide emotions depends on the character (for example, for the choleric it is harder than for phlegmatic), in the General situation (surprise topics, and how hurt the subject) and experience of the listener. It is very useful to have knowledge of facial reactions and the values of the positions for speakers to notice the reaction of the audience and watch yourself.

Often, for greater credibility in the course are many expressive techniques. This is done to enhance the senses. Take this into account checking out others to sincerity.

The emotions experienced by the person, it is specifically reflected in the moves and poses. Perhaps this is the most unpretentious recognition to the area. As studies have shown, people rarely pay attention to their own facial expression and did not give the report that this is also a method of communication.

So, let's look at some examples:

The format of business meetings, you can see a whole range of tactics of behavior. Mostly conscious, but often unconscious. In this area there are several extremes : one, when a person is aggressive, for it talks of this fight according to the principle "all or nothing". Such people usually maintain direct eye contact with eyes wide open, tension is expressed in the clenched lips and the eyebrows shifted to wrinkles. Sometimes it even affects the quality of speech voice coming from behind clenched teeth, his lips not moving. At the other extreme, the code people are extremely polite, almost childlike look. His eyelids narrowed, and a slight smile on lips, on his forehead no wrinkles, eyebrows inspire peacefulness. Such people are the real negotiators for whom cooperation is the right way.