



SHYNESS-SOCIAL-ANXIETY.COM



# **SECRETS TO CONFIDENT BODY LANGUAGE**

**SEAN COOPER**

## **Copyright © 2010 – Meteor Trail Marketing**

All rights reserved. This book may not be reproduced, in whole or in part, in any form or by any means electronic or mechanical, including photocopying, recording or by any information storage and retrieval system now known or hereafter invented, without written permission from the author, Sean Cooper.

### **LIMIT OF LIABILITY AND DISCLAIMER:**

This manual is based on personal experience and is designed to provide information about the subject matter covered. Every effort has been made to make it as complete and accurate as possible. **All information provided through this text and associated audio program and websites are for informational purposes only and are not intended to replace the care, advice, or instruction of a medical professional.** Its author, or company, will not be held liable in any way for the information contained through the website or this text. Users should consult a physician before making any lifestyle, dietary, or other health or psychologically related changes. This book solely represents its author's opinion. You are responsible for your own behavior, and none of this book is to be considered personal, psychological, or medical advice. See a Doctor before making any changes whatsoever to your lifestyle (including both psychological and physiological changes). Results will vary for individual users.

The author shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information covered in this manual.

### **TRADEMARKS:**

Any trademarks, service marks, product names or named features are assumed to be the property of their respective owners, and are used for reference only.

### **SHARING THIS DOCUMENT:**

It's often said that, "Information wants to be free!" I absolutely, positively enjoy writing. And I wish I could give away everything I write - but I can't. I've chosen to self-publish my work. This is my only 9-to-5. It's how I make my living... how I put food on the table and pay my rent. I ask that you please respect the work I do by not giving away or reselling this guide. I sincerely thank you for that respect!

# Secrets to Confident Body Language

*Sean Cooper*

## Table of Contents

Why Body Language is Important 4

Eye Contact 6

Posture 9

Being Relaxed 12

Facing Your Body 15

Final Thoughts 17

# Why Body Language is Important

This report is about body language.

Yeah, I know what you're thinking: Body language? Really? What good will that do?

The truth is, improving your body language is very important.

Throughout my years of teaching people how to overcome shyness or social anxiety, I've seen the same body language mistakes repeated over and over again.

Mistakes that make you less confident both on the inside and the outside.

Here's the two biggest reasons why body language is something you should focus on improving:

**1.** The first reason is that the words you say are only a small portion of what you actually communicate. A lot of communication happens through your body language, vocal tonality and other cues in your behavior.

And no, I'm not just telling you that "It's not what you say, but how you say it." I think the importance of body language is much deeper and subtler than that. I think a more accurate saying is:

*"Who you are speaks so loud they cannot hear the words you say."*



When you make the changes in your body language I'm going to show you in this report, people will respond to you differently. You may still have the exact same personality as before, but if you just change a few little things about how you come across to others, you will be treated like a different person.

If you make a few changes to the way you look at people, the way you carry yourself, the way your voice sounds, then you change who you are.

**2.** The second reason why changing your outer behavior and body language is important is because it affects your inner feelings. When you act confident on the outside, then you will start to feel it on the inside too.

A lot of research in clinical psychology has shown that the fastest way to change an emotion is to change the behaviour attached to it.

For example, many psychologists believe that depression is, indirectly, a result of inactivity. After many failures and disappointments, people stop trying and withdraw from the world ... withdrawal and inactivity then decrease the possibility of positive interactions or experiences, which makes someone even more isolated and passive, which leads to depression.

See, it's not just that you LOOK less confident to the people around you when you have bad body language. The problem is much worse than that. You actually FEEL less confident when your body language isn't right.

# Eye Contact

The first area of body language I'm going to cover is eye contact.

This is the number one problem shy and socially anxious people have when it comes to body language. I say this out of years of observation.

If you are reading this report, then your eye contact is probably too weak, short and submissive.

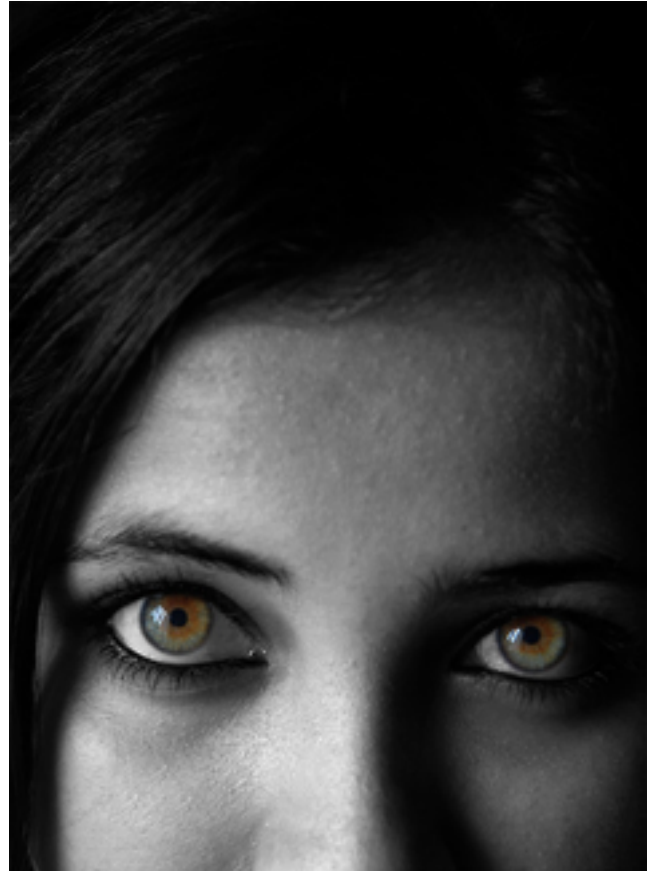
Why do people with shyness or social anxiety have weak eye contact? It comes back to a fear of disapproval and feelings of inferiority.

Do you ever notice how, when you make eye contact with someone, you feel a sort of "pressure" to look away? This pressure is what makes it hard to make or hold eye contact for people with shyness or social anxiety.

Now I want to take this idea even deeper...

Have you ever noticed how you feel different levels of "pressure" or anxiety when looking at different people? For example, you may find it very hard to hold eye contact with someone you find attractive or intimidating or people in positions of authority. On the other hand, it's probably much easier for you to hold eye contact with little children and other shy people.

The point I'm trying to make is that the amount of "pressure" you feel to look away from someone is related to how valuable or high social status



you see them as. When you're trying to hold eye contact with someone you feel is high "above" you on the social ladder, it becomes very difficult.

How do you use this insight? From now on notice how making eye contact is harder with different people. This means that bad eye contact is not part of "who you are," but a situational reaction, which means that you can fix it.

All you have to do is notice the way you make confident eye contact with little kids or people who you feel are "on your level," and then bring that same strong, steady eye contact into every interaction you have. Look everyone in the eye the same way, and desensitize to the pressure or anxiety certain people make you feel that causes you to make bad eye contact.

The key here is that you have to slowly expose and desensitize yourself to the pressure that causes you to avoid eye contact and look down. Make and hold eye contact despite the urge to look away. If you make sure to follow the exact exposure process I talk about in my main ebook, you will slowly become comfortable.

How long should you hold eye contact for? There's no one right answer for every situation. Timing is situational, it usually depends on the person you are talking to. How you look at someone you're flirting with is going to be a lot different than how you look at a stranger passing on the street or a store cashier.

Practice longer and longer intervals of looking at people. Don't worry, there's a big difference between confident eye contact and creepy staring. Right now just focus on pushing your comfort zone. Over time, through practicing and observing other people, you will get a "feel" for what the right amount of eye contact is.

But at first you will have to go against your feelings in order to extend your level of tolerance for eye contact. Before you become comfortable making eye contact, you have to make yourself uncomfortable. That's the irony of it, and the reason why so many shy and socially anxious people never learn how to make confident eye contact.

You have to work the exposure process, similar to how a bodybuilder has to work the machines at the gym to get fit. It's a simple process once you know the steps, but definitely not easy. Simple, not easy.

Try not to break eye contact downward, people do this as a sign of submissiveness when the pressure of the other person's eye contact becomes too much. When you do break eye contact, try to do it to the side.

Also, don't "squirm" on the inside when you are holding eye contact. If you want to properly expose yourself, then you should try to be as relaxed as possible when you are making eye contact. If you don't make an effort to relax on the inside and "stop squirming," then the exposure won't work nearly as well. Try to be relaxed.

Practice going to the mall or somewhere where a lot of people are walking and make eye contact with every person you pass. Try not to break the eye contact before they do. Use the anxiety-reducing techniques you learned about in my main ebook if the pressure starts to build.

Also try not to have darting and fidgety eyes. When people are nervous, their eyes tend to scan everything. Instead, try to keep your eyes steady and solid. Overall just try minimizing the amount of movement your eyes make. Confident people don't dart their eyes everywhere. Their eyes move in smooth, steady, solid movements. Next time you're out somewhere, pay attention to different people's eyes and you'll see this happening.



# Posture

Bad body language affects not only your outer confidence, but also your inner confidence and feelings.

This simple fact is most noticeable when it comes to your posture. When your posture is bad, your confidence is affected.

When you were young, your parents probably told you to “stand up straight.” While they had good intentions, they probably had no idea that their advice was backed by proven psychology.



In psychology, the body-mind connection is called *psychosomatic*. Your mind looks at how your body is and it affects your emotional state.

For example, try smiling for two minutes as you read this in front of your computer. Put a huge grin on your face. Once you do this for a couple minutes, you'll find that you actually start feeling happier. It's almost like your mind says: “I have a smile on my face, so I must be happy about something.” And then you feel happier as a result. It doesn't make much sense, but that's just how the mind works. Try this out for yourself now and you can experience the effects firsthand.

This also applies to your posture. If your mind sees that you're slouched over, and then you feel less confident. If you stand up straight, it's much easier to be confident.

Don't get me wrong ... there ARE plenty of confident people with bad posture. The point is that, when you are overcoming shyness or social anxiety, these small changes can help make a huge difference in improving

your confidence. Every little bit of yourself you change adds up and multiplies to create a new, more confident you.

Try this as you're sitting in front of your computer: sit up straight, roll your shoulders back. Imagine there's a string attached to your chest pulling it up. How does that feel? A bit more confident than before?

If you have bad posture now and you want to improve it, there are a couple of different points you want to keep in mind.

**1. Keep your chin up.** Many people with shyness or social anxiety will get into the habit of looking at the ground when they walk. This is the opposite of good body language. Don't look down unless you think you are going to fall.

**2. Adjust your pelvic tilt.** The secret to having good posture is not in straining your back muscles and puffing out your chest. To have good body posture, you just have to hold your pelvic area the right way. Here's a picture to explain what I mean:



The guy on the right demonstrates the most common posture problem shy and socially anxious people have. Their waist region is tilted towards the ground, which causes bad posture.

Once your waist (pelvis) stops being tilted to the ground, you'll be able to keep a straight posture without too much effort. You should be able to be totally relaxed when you are standing up straight, instead of straining hard.

**3. Shoulders back.** Along with a bad posture often come shoulders that are too far forward. If you do this, then it probably looks like you are “shrinking into yourself” because your shoulders are hunched forward. Start pulling your shoulders back to get a better posture. This doesn't mean puffing out your chest, just fixing your old bad habits.

**4. Be relaxed.** If your whole body is uptight when you make the changes I'm showing you here, then you're doing something wrong. Even though you are standing straighter than before, you shouldn't have to try too hard to do it. It should feel a little bit different when you first make these changes, but you shouldn't feel any muscle strain. If you do have to tense your muscles to stand up straight, then relax. You'll find that when you're relaxed it becomes easier to stand up straight. It's counterintuitive, but it works.

**5. Consistently reinforce your new posture.** It will take some time before your new posture becomes natural and automatic. At first you will have to constantly fix your posture, until you unlearn your old bad habits. This may take a few weeks or months.

# Being Relaxed

Being totally and completely relaxed when around people is one of the golden keys to overcoming shyness and social anxiety.

Relaxation is one of the most important parts of exposure and it also applies to body language.

When I think of the main body language mistakes shy and socially anxious people make constantly, one of the biggest ones is nervous and fidgety movements. I talked about this a little in the section on eye contact, but I want to expand on it here.



Think about it: when you're feeling nervous or anxious, how are you moving your body? How is your body language different between when you are feeling anxiety and when you are relaxing by yourself? Imagine first walking around at home by yourself, then imagine being in front of a group of people making a presentation. How does your anxiety affect the way you act?

Most likely, you are...

- **Self conscious.** When you are at home, you don't really pay attention to how you are moving, but when you are anxious, you do. When you feel the pressure of other people's eyes on you, every move becomes painfully self-conscious.
- **Fidgeting.** Unable to keep your hands or feet still out of nervousness. Your eyes are scanning everything in the room instead of moving smoothly and slowly from point to point. Your feet are dancing instead of being planted in one spot.

- **Inexpressive.** Most shy people have a very limited range of expression. This goes for their voice and their body language. They aren't confident enough to make broad, sweeping gestures, dance, or have a wide range of tonality in their voice. Everything they do is timid and uncertain. *(One quick tip I can give you is practice. Practice making gestures in the mirror. See how tentative gestures make you look shy, and how BIG gestures make you look like a regular person.)*

All of these body language mistakes arise out of anxiety and nervousness. At home, when you are relaxed, you don't make any of them. At home, you are just moving naturally and spontaneously. You're not even thinking of having good body language, it just happens.

So the point I'm making is that when you are relaxed, many body language mistakes disappear automatically. You can't "fake" certain body language. What you feel on the inside will broadcast on the outside. So the trick is to change how you feel, instead of trying to control everything you do even more.

The moment you relax and forget about body language is the moment these problems fix themselves. You need to become focused on the outside world instead of on your own actions. This is why I try not to focus too much on body language in my ebook. Many issues fix themselves, and if I give you a complicated list of "rules" to follow, you're just going to become self-conscious.

**From now on, start from the inside.** Try to feel relaxed and calm on the inside, instead of trying to hide your anxiety and nervousness.

There are a whole lot of insecure habits shy and socially anxious people have that they can't really control. For example, it's nearly impossible to "act normal" when you are in front of a group of people making a presentation and you have anxiety. When you're nervous and self-conscious, there's only so much you can do.

The only way to stop the body language mistakes permanently is to get rid of your inner issues first. If you felt great, relaxed and carefree, instead of

anxious, timid and insecure then you wouldn't have many of these issues in the first place.

So get rid of the inner issues by following the advice in my main ebook. This type of improvement usually takes time, but it's what you should be ultimately aiming for. For now, focus on changing how you feel on the inside on a moment-to moment basis. Make yourself feel more relaxed using the techniques I've shown you before.

Here's a couple more tips for making yourself feel more relaxed:

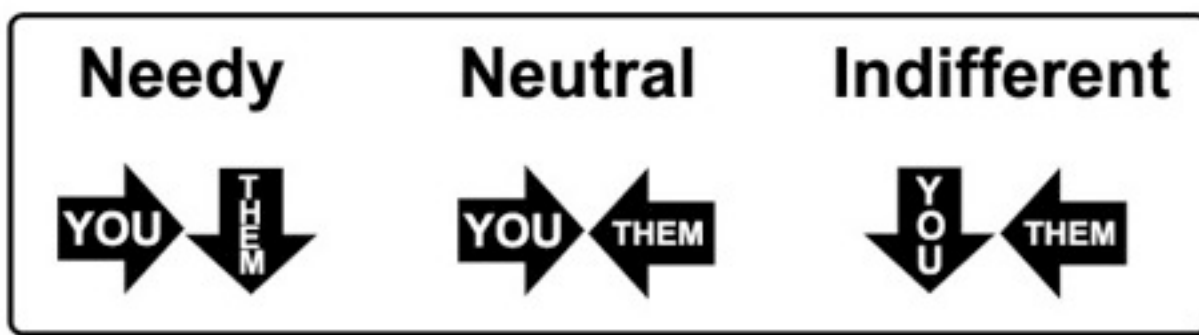
- **“Open” your body language.** Many shy people cross their legs or arms when they feel anxious. This is almost a way of closing yourself off from other people. As a general rule, try to keep your body open by uncrossing your legs and arms. I'm not saying to NEVER EVER cross your arms or legs, I'm just telling you to notice if you do it a lot. Many people do it because of shyness or introversion, and it makes you not only less relaxed, but you also look more “closed off” to other people.
- **Don't be afraid to take up space.** Are you constantly sitting and standing with your feet together and arms close to your body? Many shy and socially anxious people they are also afraid of taking up space with their body. Don't be afraid to move your arms away from your body and stand with your feet apart.

These small adjustments will make your body language more loose, open and relaxed. Once you become relaxed, the rest of your body language will follow naturally.

# Facing Your Body

The direction your chest and feet are facing are important. From now on, pay attention to what direction your body is pointed when you talk to different people. Not your face, but the general direction of your shoulders, chest, and feet.

Is your body facing towards the person you are talking to, or away from them? Is the other person facing you, or facing away from you? Here's a diagram that shows the different combinations:



Now let me explain what this diagram means.

**NEEDY** - When you have your entire body facing someone and they aren't facing you, it's usually a bad sign. The other person's body language is communicating that they aren't really interested in talking to you, yet you are giving them your full attention because of the way you're facing. This type of body language shows you place a lot of importance on the other person because of the amount of attention you are giving them. Generally, you want to avoid this. If you catch yourself facing someone and they aren't facing you, then try standing beside them and talking side-to-side instead.

**NEUTRAL** - This is where you want to be most of the time when you are having a conversation with someone. Your bodies are both facing each other. Even if both of you are at an angle to each other, that's still good. You're giving them as much attention as they are giving you.

**INDIFFERENT** - This is when the other person is facing you directly and you are facing away from them. If you find yourself doing this, it shows you don't place a lot of importance on the other person.

Now the question is: how do you apply this in real life? The main way you should use this information is to realize when you are giving someone too much of your attention when they aren't giving you any. For example, if you go to a bar, you'll see men approaching the women there. Pay attention to how their bodies face each other. If a woman interested in a man, then she will face her whole body towards him. On the other hand, if she isn't interested, she may just turn her head and her body will face somewhere else.

These same rules apply in many different areas of life. When you consider someone important and worth your attention, then you will face them with your whole body. When you don't place a lot of importance on someone, then you won't want to face them. You can see this at work in many different situations. Bosses and employees, parents and children, and younger and older siblings.

Remember how I explained that eye contact is related to status and how important you feel compared to the other person? The same applies to how you face your body. Don't appear needy by giving away your full attention when the other person isn't giving you the same consideration.



# Final Thoughts

This report was a brief overview of some of the most important points I wanted to cover related to improving your body language. I hope the pointers help you out as much as they helped me.

I want you to keep in mind that changing your body language is a gradual process. It takes time to rewire your old habits. For example, if you have bad posture, then it will take some time to fix. At first you will have to constantly “correct” your posture. Many, many times a day. But if you keep at it for several weeks, then the better body language will start to become a habit. You’ll have to “correct” your posture fewer and fewer times per day. Eventually, the new posture will become the one you use automatically.

Although posture itself is just one small change, it does make a difference. And once you start changing several parts of your body language, of the way you come across to others, a profound thing happens.

When your eye contact is strong, when you’re standing tall, and when you have gotten rid of your old nervousness and self-consciousness, then you don’t just change your body language. You also change yourself. Who you are literally changes and people treat you differently.

It’s this type of change I want you to see as you use my ebook and as you continue learning from me through this membership website.

If you have any questions or comments about this report, feel free to contact me via the contact form on the membership website.

Yours in Social Success,

**- Sean Cooper**