




# NON VERBAL CUES IN “F.R.I.E.N.D.S”


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Facial expressions are an important part of nonverbal communication. A lot of the time we rely only on what the other person's facial expressions are in order to understand what they are thinking or how they are feeling. This can be shown using this particular scene in the T.V series that we all love – F.R.I.E.N.D.S. In the particular episode Rachel tells Ross she is pregnant and it's his child. Ross had no idea about this and so he was quite shocked. We can see that Ross is speechless in the sense that words are not coming out of his mouth. Even though he is not using any words to convey how he's feeling, through facial expressions the viewer can tell that Ross is shocked and stunned by Rachel's news and maybe even a little scared for what is to come.



Another example of nonverbal communication is brought to us through a scene with Ross and Joey. They are attempting to get their friend Chandler to forgive them for something they have done. Although Ross is skeptical about Joey's approach, Joey gets in Ross's face and makes him stare into his eyes and uses direct eye contact as a form of persuasion. Most people feel uncomfortable when forced to look into someone's eyes, especially when they are looking back into yours. This weird eye contact creeped Ross out so much that he thought that people will actually forgive him just to make him stop doing that weird eye contact thing.



Someone's physical appearance especially the way that someone maintains oneself is another important aspect of non verbal communication. For this, I'm using the example of Rachel and the "yeti" who happens to be a man with really long facial hair and hair. Since he is not properly groomed, Rachel thinks that this is not normal. Although once the "yeti" shaves his face and cuts his hair he becomes quite attractive in the eyes of Rachel and suddenly she is willing to give him the time of day. Although we would like to believe we aren't pre-judged and people want to get to know us before they make assumptions, that is just not what happens in everyday life.




Another aspect of non verbal communication, perhaps the most important one is body language. Our body language and expressions can give someone a hint as to how we are feeling before we even talk to them. For this, I'm using the example of Phoebe being upset with Ross. She goes out of her way to cover her face with a magazine and when he tries to talk to her, she faces the other way. Classic avoidance technique , isn't it?

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Paralinguistic features such as pitch, tone etc. can change the meaning of what is actually being said. We can see this in the scene where Ross tells Joey and Rachel that he is fine with the fact that they are getting together, but is visibly upset. We are able to notice this because of the pitch that Ross uses to convey the fact that he's fine.

Another example of this is when Chandler uses sarcasm. In this scene, we can easily make out that Chandler is making fun of the stupidity of Joey's act by making the use of sarcasm. Really though, could anyone be more sarcastic?



Another form of non-verbal communication is Kinesics. This is portrayed when Ross and Mike through their posture clearly demonstrate that they are very bored.

Lastly, we see the importance of gestures while communicating. Ross is visibly upset with Joey and he makes the use of air quotes to stress upon certain words in Joey's explanation that Ross thinks don't make any sense.