

Showing Body Language

Female Body Language

Flirting

- Raise eyebrows and lower lids
- Look up and to the side at a man
- Sideways glance over a raised shoulder
- Call attention to the lips by wearing gloss or bright colored lipstick
- Toss their hair
- Touch their neck

Assertiveness vs Submissiveness

- Plucking eyebrows higher up on forehead to look more helpless
- Limp wrist or exposed wrist is a sign of submission
- Stand with feet spread further apart, showing confidence

Lying

- Lie less about themselves and more to protect others feelings
- Lie to make others feel better about themselves

Likeable Body Language

- Smiling
- Having an expressive face
- Keeping the hands below chin level
- Minimal arm crossing
- Keeping hands out of pockets
- Intimate eye gazing
- Leaning towards the other person

Male Body Language

Flirting

- Tilt head slightly when he looks a woman over
- Lift eyebrows when he looks a woman over
- Quick wink
- Enlarged pupils express heightened physical interest
- Flaring nostrils
- Lips part for a moment if he likes what he sees
- Flirtatious smile
- Sneer, indication that he wants something physical
- Closed smile

Comfortable-Confident

- Standing erectly with chest out and hands at sides, showing a confident alpha male
- Leaning toward someone else, torso and feet pointed at the person
- Comfortable amount of eye contact or prolonged eye contact, signs of dominance
- Hands not hidden
- Thumbs hooked into his belt

- Preening by adjusting tie, fixing his hair

Discomfort-Insecure

- Lack of direct eye contact
- Hands hidden
- Arms folded across chest
- Fidgeting
- Sweating
- Mumbling, stuttering, mispronunciation

Lying

- Men lie to appear more powerful, interesting, and successful.
- They lie about themselves much more than they lie about others.