

Body Language – What it is Saying about You and Others

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Out-of-context body language can be easily misinterpreted, so the gestures discussed below may not be an accurate reflection of a person's true intent. It's still valuable to tune in to these signals because they might very well be speaking their truth: (Based on the book, "Get Along with Anyone, Anytime, Anywhere" by Arnold Sanow and Sandra Strauss)

- Crossing and uncrossing arms signal boredom; arms folded across the chest often accompany indifference or dislike.
- Rubbing the head might be a sign that someone is peeved (or maybe just a bad case of head lice!); rubbing the ear with the thumb and forefinger could show lack of interest or doubt.
- Hands and arms: Whether on hips, fingers pointing, clenched fists, or rapid arm and hand movements can convey anger and hostility (flailing arm and hand movements might also be cultural, so the context is important!)
- Signs of nervousness include: fidgeting; fiddling with fingers, jewelry, or clothing; excessive blinking or darting of eyes back and forth; and sucking, chewing, biting, or licking lips.
- Touching the neck while speaking can be a sign of deception or dishonesty.
- Foot twitching or tapping can be a sign of impatience as well as someone trying to conceal an attitude or information. When we try really hard not to show emotions in our faces, our energy can get pushed down and activate our feet. If you see a poker face, look under the table and check out their feet!
- People who are having difficulty making a decision might open and shut their hands repeatedly.
- Rocking back and forth is sometimes viewed as a sign of impatience or anxiousness to leave. This creates discomfort in others and distracts them from their focus, since it's challenging to carry on a conversation with a rocking horse!
- Picking at clothing, as if removing lint, signals opposition or disagreement.

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