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Body Language Videos

from R. Don Steele

the dating expert who everyone copies

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*So, thru the eyes, love attains the heart
For the eyes are the scouts of the heart
And the eyes go reconnoitering for
What it would please the heart to possess.
And when they are in full accord, firm
All in one resolve, at that time,
Perfect love is born from what the eyes
Have made welcome to the heart.*

12th century troubadour's song
JOSEPH CAMPBELL, *THE POWER OF MYTH*

Just one look, that's all it took.
DORIS TROY, 1956

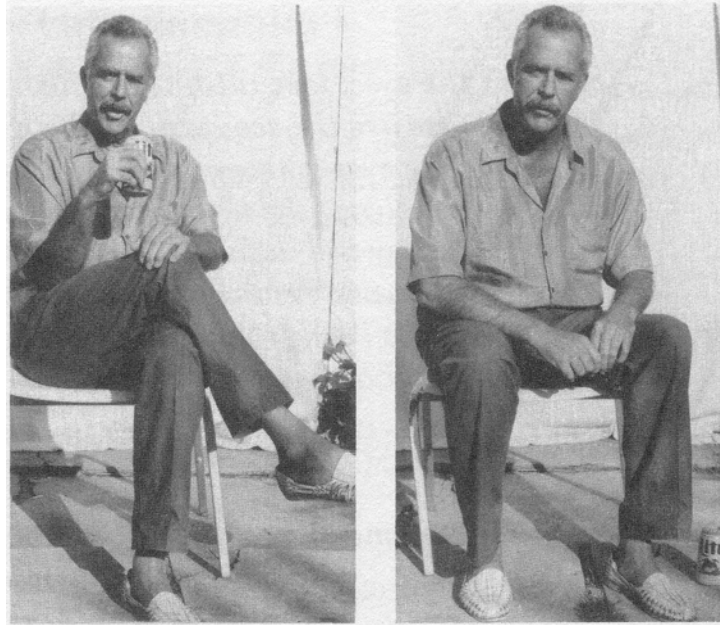
Conversations Without Words

Most of us are slightly afraid as well as somewhat excited in settings where social interaction is expected and required. So, most people do not sit or stand in an *open* posture. But, during courtship, the more open the other person's posture is, the more open that person is to you and your advances.

OPEN AND CLOSED

If you're wide open while sitting, your posture is similar to Abe Lincoln's in the Lincoln Memorial. Your feet are flat on the floor. Your hands are relaxed, not clenching anything. And, you're not holding a drink in front of yourself as a symbolic barrier.

While standing, you're open when your hands are *not* in your pockets. You are *not* leaning against anything. Your feet are flat on the floor. And, your drink is *not* in front of you.



OPEN AND CLOSED When the person's posture is open, he's open to you, your ideas, and possibly your advances. In the left photo, notice that although he's smiling, he is gripping his knee tightly indicating he's controlling himself. Also notice the beer can is held high in front as a barrier. In the right picture, both feet are firmly planted on the ground indicating he is sincere. Notice that his arms are down and that his hands are open and relaxed, signs of openness and sincerity. His head is slightly tilted and he's leaning a bit forward. Both indicate interest.

MIRROR, MIRROR

This topic applies to a man approaching and interacting with a woman just as it obviously applies the other way 'round. In body language jargon, it's called *mirroring*.

If you're in the same emotional place as the other person, your posture is the mirror image theirs. It also can mean that you are interested in each other.



MIRRORING *These people are sitting in almost exactly the same position, so they are about in the same place emotionally. But, notice she's holding onto her shin and does not have her foot completely flat on the floor. The man must take his time until she's more open and relaxed.*

When you notice the other person is standing or sitting in about the same manner as you are, he, or she, is in about the same emotional place. During courtship, *subconsciously*, all of us tend to adopt the same posture as the person we are interested in.

When talking with someone we are attracted to, we usually mirror them. More fascinating, we often mirror somebody we are interested even if that person is across the room and we are stuck talking with a bore! One more time. *You cannot not communicate.*

RAISE YOUR AWARENESS

Pay attention when you are at a party. Lots of people always gather in the kitchen. Look around. Notice if anyone is mirroring another person's body language. They may be interested in each other, then again, they could simply be in the same emotional state. Look for other signals to confirm or deny the interest you suspect. At the same time, *consciously* adopt the body language of the person you'd like to meet and talk with.

FIRST CONVERSATION SIGNALS

Men, pay attention to all the ways she communicates during the first few minutes as you talk with her. Women, let him know what you want.

Nearly all of these signals apply to both men and women. The ones that apply only to women are indicated by *italics*.

KEEP TALKING

Alert, energetic
Pupils dilated
Gradually opens posture
Lowers drink
Touches self gently
Caresses objects
Crosses and uncrosses legs
Flashes of palm
Crossed legs steady
Dangles shoe on toe
Hands never touch face
Touches you any reason
Feet firmly on floor
Loosens anything
Leans forward
Steady hands, feet

MOVE ON

Tense, restless
Normal or small pupils
Posture remains closed
Keeps drink high
Grips or pinches self
Squeezes, taps objects
Legs remain crossed
Back of hand gestures
Swings crossed legs
Keeps shoe on
Touches face
Never touches you
Feet on edges or toes
Tightens anything
Leans away
Tapping, drumming

ALERT, ENERGETIC

Ready for action with you. Contrast with relaxed, casual postures when sitting or standing. Especially positive and revealing when the person shifts from casual to alert during the conversation.

GRADUALLY OPENS POSTURE

In social settings, most of us start out in a closed, defensive posture because we're a bit apprehensive. A closed posture *feels* safe. When the person you are talking with shifts to a more open posture, it signifies trust and comfort. That person is, literally, opening up to you and what you have to offer.

LOWERS DRINK

Most people in social settings hold a drink in front of themselves as a barrier. When the person you are talking with lowers his, or her, drink, the barrier between you is coming down. As always, it is most effective if you lower your drink first. The other person often follows your lead.

CARESSES OBJECTS

If done sensually, it usually means the person wants to caress you or wants you to caress them.



CARESSING A GLASS *The most common object fondled is a drink. Women tend to stroke the glass up and down. Men usually run a finger around the lip. The symbolism is obvious.*

Caution! Occasionally, when a woman touches something sensitively, it can be a subtle signal for reassurance. Subconsciously, she may want you to gently reassure her. You may be too close physically or you're talking about a topic that makes her anxious. Move back and change the subject if you read this gesture as nervousness.

TOUCHES HERSELF

If done in a gentle, sensuous manner it means the same as caressing an object—the person wants to touch you or wants you to touch them. However, this can also be an attempt at reassuring one's self. It depends on everything that came before. The same caution as above applies.



FLASHES OF PALM She shows you the palm of her hand during conversation in brief flashes. She is making herself submissive and vulnerable. One interpretation is, "My hands are up. I surrender." Another way of seeing it, "I have no weapon. I won't hurt you."

PALM FLASH

Women only. She shows you the palm of her hand during conversation while checking her ear ring or adjusting her hair or gesturing with her hands. This signal is hard to see because it is so brief and it does not appear to be flirting.

Reliable if you can notice it. Focus your awareness on looking for palm flashes ahead of time and you'll be able to see it or the opposite gesture, described in the photo below.



BACK OF HAND *Women only. The exact opposite of a palm flash. One interpretation is "See my wedding ring? I'm not interested." Another is "This is not a fist, yet. Beat it!" Often disguised, as in the photo.*

CROSSES AND UNCROSSES LEGS

Women only. When sitting with a skirt on, she's flashing a bit of thigh to entice you. When sitting with pants on, she is subconsciously doing the same thing. However, when standing, she is probably just be trying to get comfortable or it may indicate she's excited and ready to go.



DANGLES SHOE ON TOE Women only. When sitting with her legs crossed, she wiggles her heel out of the shoe, then lets the shoe dangle on her toes. Opening up and loosening up to you. It's a subconscious first step in disrobing.

STEADY HANDS, FEET, LEGS

Stable means relaxed, not reluctant or hesitant. When feeling negative emotions, both men and women fidget, tap or drum something. As mentioned, females are taught to sit still. Consider that when interpreting a woman's wiggling feet.

LOOSENS ANYTHING

Loosening up to you. It can be unbuttoning, unzipping or untying. A man loosens his tie for the same reason that a woman lets her shoe dangle on her toes. It's symbolic disrobing.

LEANS FORWARD

This simple gesture says all of this: *You have my attention. I want to hear what you have to say. I want to see you more clearly. I want to be closer to you.* Very powerful and very reliable.

SHE TOUCHES YOU ANY REASON

Touching is possession or to verify what one sees. When she touches you, even “accidentally” she’s interested. Men, keep your hands to yourself until she touches you.

Attention Men! No matter where, when or how a woman touches you, it is a strong signal of interest. Women often “accidentally” touch a man they are interested in as they make their way to the bar or rest room.

Caution! Women who are *Rapo* players touch men early and often. Men who touch women before the women touch them are probably manipulators and liars, as mentioned.

HANDS NEVER TOUCH FACE

As mentioned, when someone touches himself above the neck, it usually means he’s lying or he doesn’t believe what you are saying.

FEET FIRMLY ON FLOOR

Feet that are solidly grounded mean the person is taking a stand, is not reluctant or hesitant. However, feet that are not solidly grounded usually mean trouble ahead.

COMING FROM THE SAME PLACE

People who are in different emotional states don’t enjoy talking with each other. For example, if you are bold and confident and I’m nervous, I won’t be able to relax and be pleasant, thus you won’t enjoy talking with me. The End. So, you must *appear* to be in about the same place as the person you are attempting to court.

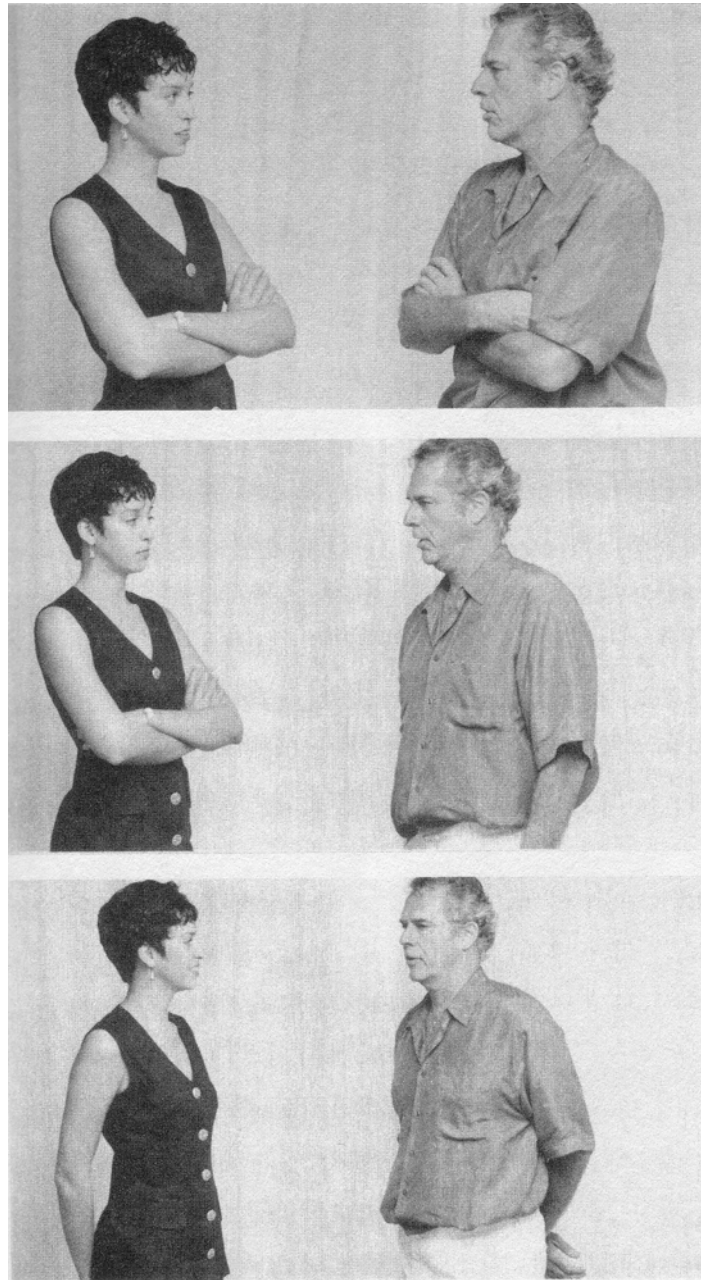
Men, if her posture is open, that’s good. Match her posture and remain open as you talk.

If her posture is closed, match her posture, then as you are conversing, gradually open up, one small step at a time. If she doesn’t follow your first few shifts toward openness, stop. She’s not ready or is not interested.

When there are good vibrations between the two of you, adapt you posture to match hers and wait a few more minutes before trying to slowly open up again.

While you are slowly moving from a closed position to an open position, she has time to realize that you are not dangerous and could be interesting.

Only after she has discovered (1) that you are safe and (2) interesting, can she find you attractive.

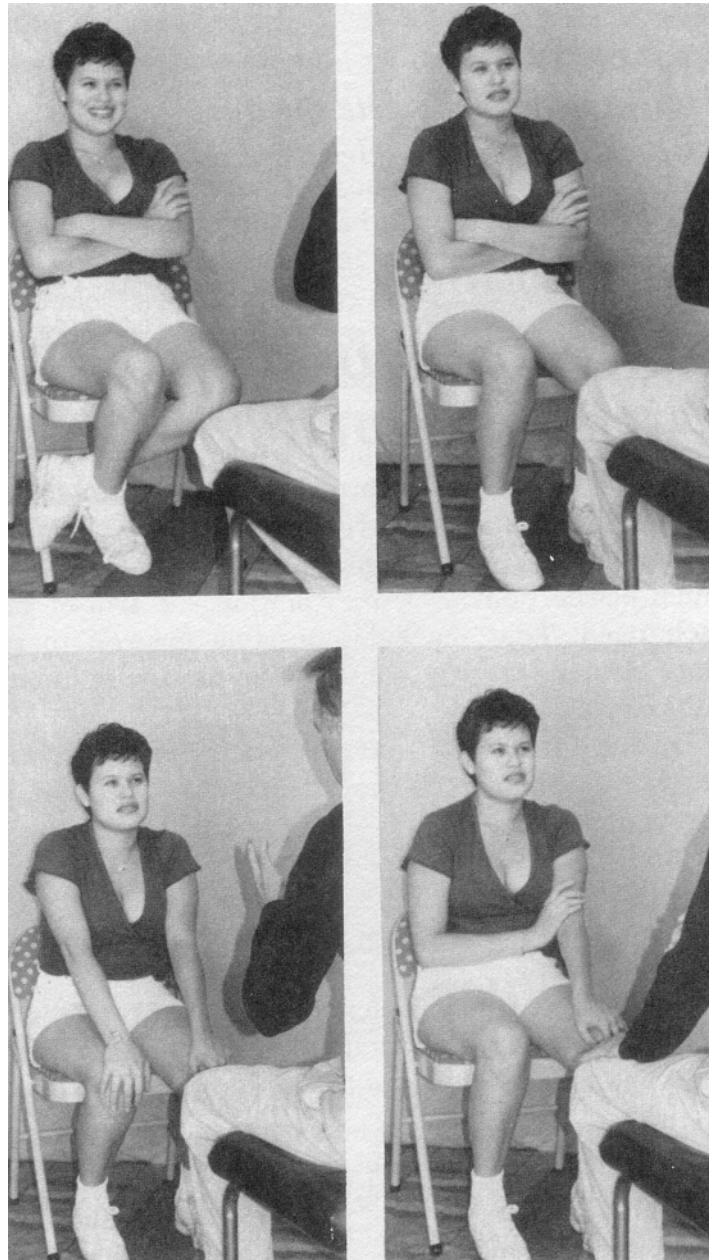


MOVE FROM CLOSED TO OPEN This series of photos show you what to do if the other person is not in an open posture. Although this example shows a man going first and becoming vulnerable, women can do the same thing.

First adjust your stance so that your posture approximates hers. As you talk, gradually and carefully shift your posture to a more open position, one step at a time. Subconsciously, the other person often follows your lead and “opens up to

you” because you made yourself vulnerable first. In the top photo, the man has adopted the same posture as the woman. In the middle photo, he has moved from completely closed to semi-open by uncrossing his arms and putting his hands in his pockets. In the bottom photo, he has become completely vulnerable by putting his hands behind himself. She has mirrored his posture.

When women adopt this position, it causes their breasts to protrude slightly, which commands the man’s attention. Also, when women stand in this position, they appear to be slightly submissive, thus safe.



FROM CLOSED TO OPEN AND BEYOND In this sequence of photos , you can see many signs of interest.

Overall, as the two are talking, the woman moves from a closed posture to an open posture.

Study the photos carefully and you can notice that the man mirrors her actions.

The encounter begins with her arms crossed and with her ankles locked under the chair. As the conversation continues, she unlocks her ankles and puts her feet

flat on the floor, sits up and leans toward the man. Next she uncrosses her arms. Notice that her hands are open and relaxed as she leans even closer.

In the last photo, she is touching herself gently in a sensuous way.

At the end of the first conversation, many subtle and indirect signals have been exchanged. However, during *Further Conversations Without Words*, the next chapter, more nonverbal signals are exchanged. Some of them will still be subtle. Many will be somewhat obvious. But a few will be blatant!

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Body Language Secrets

by R. Don Steele

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