

Interpretation of body language

It might be interesting for you to read about what certain body language poses mean.

Do you notice that you do some of these?

Have you seen other people use these gestures?

Do you agree with what the researchers' mean by these gestures?

Standing with hands on hips – readiness or aggression

Arms crossed on the chest – defensiveness

Shoulders hunched – dejection, not confident

Hand to cheek – thinking and evaluating

Touching or slightly rubbing the nose – lying, doubting, rejection

Rubbing the eye – doubt, disbelief

Hands clasped behind the back – frustration, apprehension, anger

Head resting in hand or eyes downward – boredom

Rubbing hands – anticipation

Open palms – sincerity, openness, innocence

Pinching bridge of nose or eyes closed – negative evaluation

Patting or pulling on strands of hair – lack of confidence; insecure

Quickly tilting head - interest

Stroking chin – trying to make a decision

Looking down or away – disbelief, lying, not interested

Biting nails – insecure, nervous

Pulling or tugging at ear – indecisive

Tilting head for a long period of time – boredom