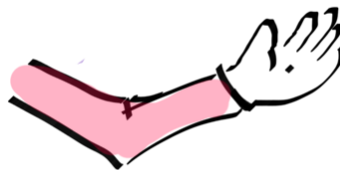


# 51 Body Language Gestures, and What They Signal



## You cannot *not* communicate

Whether you open your mouth or not, you communicate.

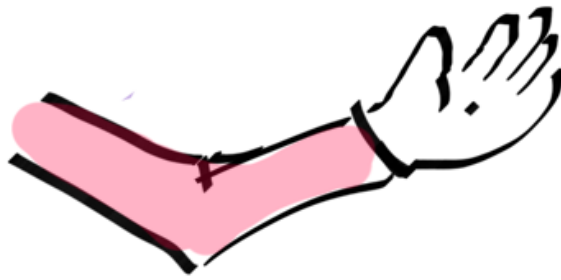
This guide gives you 51 gestures and what they signal, consciously or unconsciously. According to the Center for Body Language in Belgium, there is an 80% chance that these gestures correspond to different feelings. Still, you must look at:

- The Context. If you know that someone just won the lottery or being laid off, it helps you to interpret the gestures better.
- Possible changes from their “base-line” behavior. If a person with a normally open body language suddenly become closed, it is a tell.
- If many gestures shows right after each other, it could strengthen your interpretation.

Let’s dive into the gestures!

## The Hands Speak

1. If you have your palms up, you show openness and vulnerability.



2. If you have your palm down, you show dominance and authority.



3. If you have your hands in your pocket like this, you signal dominance:



4. ...while this way gives a weak impression.

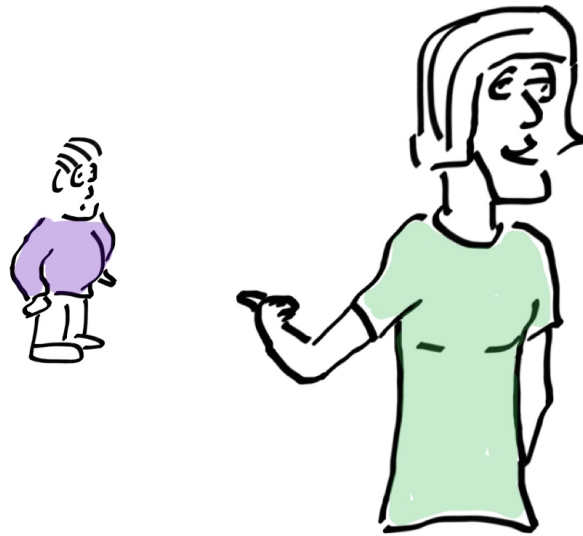


5. ...unless you spread your fingers like this, which is a mating signal = Flirty.



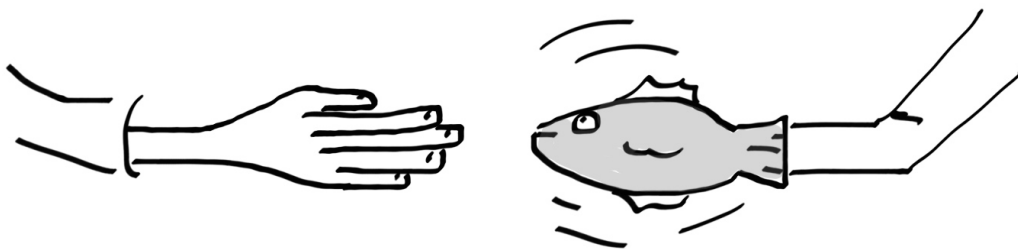
6. If you point at somebody with your index finger you signal aggression.

7. ...while if you use your thumb, you show a lack of respect.



8. And if you point with your whole arm, you signal control.

9. If your handshake is weak, you seem weak and unreliable.



10. If you shake your hand with your palm slightly down, you want to dominate.

11. ...while if your palm is slightly up, you seem submissive or vulnerable.

12. If your handshake is painfully hard, you come across as aggressive.

13. If you want to be in control, you squeeze the hand 10% harder than your “opponent”.

14. If your hands form a pyramid, you signal confidence.



15. If you touch the tip of your nose, you might not be telling the whole truth.

16. If you scratch the side of your nose, you may be a bit angry. (Unless you just have an itch of course)

17. If you cover your mouth when you speak, you are lying.



18. If you scratch your neck during a conversation, you probably disagree.



19. If your hands tremble, you are probably nervous.

20. If you show your wrist, you signal comfort and safety.

21. If you “wash your hands” in front of your body, you seem excited and nervous.

22. If someone rub their eyes, they don’t want to “see” that truth. They disagree.

23. If you rub your forehead, touch your face gently, you want to comfort yourself.

## The legs speak

24. If you stand with your feet wide apart, you show dominance.

25. If you stand with your legs crossed like this, you display safety.

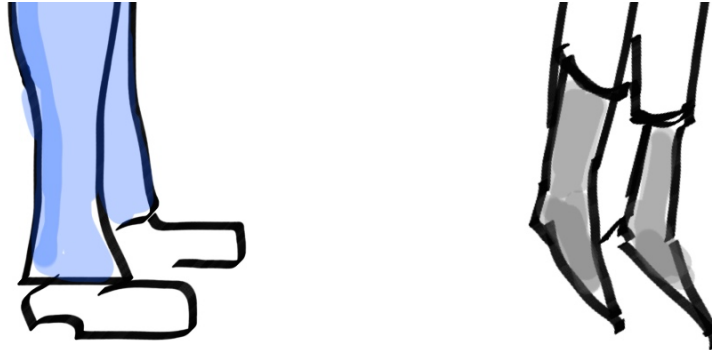


26. If you rub your hands on your thighs, you seem anxious.

27. If someone sits, put their hands on their knees and lean forward, they want to leave.



28. Feet pointing toward the exit, could mean that the person wants to leave.

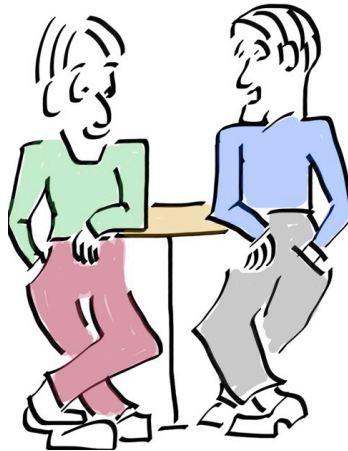


29. If somebody displays this behavior, they are probably upbeat.



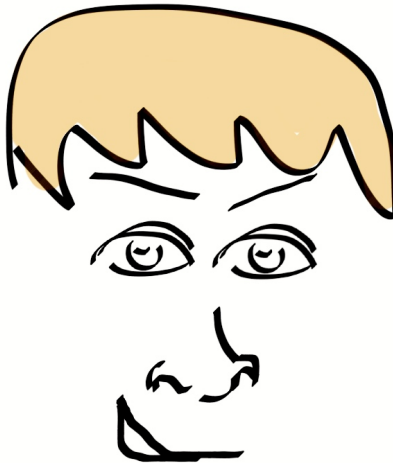
30. If you put your hands to the side with thumbs backward (like a police officer) you show dominance. If thumbs are forward, weakness.

31. If two people look like this, they feel safe in each other's company. They imitate.



### The face speaks.

32. An asymmetric smile, signal arrogance.



33. A symmetrical smile is a more genuine sign of happiness. Especially with wrinkles in your eyes.

34. If your eyebrows look like this, you are probably sad.



35. ...and even more if your lower lip also goes up.

36. This on the other hand, signals anger. Or possibly concentration.



37. ... and if your lips also are pressed hard together, you are most probably pissed off.

38. If your upper lip goes up like this, and your nose wrinkles, you feel disgust.



39. With high eyebrows and the jaw dropped, you signal surprise.

40. High eyebrows and a stiff, broad mouth signals fear.



41. People under pressure or stress, sometimes presses their lips together shortly and then releases it.

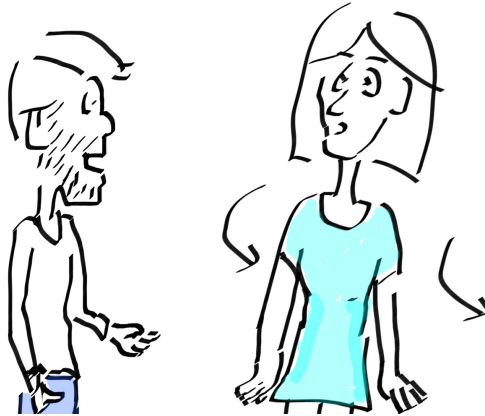
42. If someone pouts their lips, they might disagree (or getting ready for a selfie...)

### **The rest of the body speaks.**

43. If you suddenly look like a turtle, your confidence is gone.



44. If your upper body lean away from the other person, you feel uncomfortable.



45. If you sit heavily leaned back in a chair, you signal that you don't take the situation seriously.

46. If you look like this, you display vulnerability and security.



47. If someone tries to “get more air” they feel bad and want to calm down.



48. Lean your head in one hand like this = bored.



49. If someone looks like this, they show both self-confidence and dominance...



50. You your nose goes up, so does your arrogance, pride, and superiority.



51. If you have an open body language, and suddenly do this, it could mean that you are stepping into something sensitive. Especially if you squeeze hard.





## Final notes.

My hopes are that you've already started to observe your surroundings with new eyes, and hopefully have had some fun as well. Also, remember to focus on your own behavior. You cannot not communicate. Build your toolbox with gestures that show your authenticity. Do it right and you'll be easier to understand.

As you might have noticed, I have chosen to present the gestures starting from the head, going down. There are other ways of presenting clues of people's body language and when I give lectures, I normally use another approach. Let me end this guide by explaining body language from this perspective.

You can divide many gestures in

- Vulnerable gestures
- Uncomfortable gestures
- Dominant and arrogant gestures.

You demonstrate your vulnerability and comfort if you have an open body language, exposing your torso, wrists, and neck. Same thing if you have an imbalanced pose or look away from time to time. Examples are 11, 20 and 46

You signal discomfort if you clutch your hands in front of your torso, if you stroke your arms or legs, or point your body to the exit. Examples are 21, 26 and 44.

You come across as dominant or arrogant if you exaggerate comfort gestures or use power poses. Examples are 7, 12 and 50

Ask yourself the following questions regarding your own body language:

- Do they match the image of how I would like to be described?
- Do they match the feeling I want to convey?
- What can I do to strengthen or clarify my communication?

I wish you the best of luck!

//Antoni Lacinai

[www.lacinai/about-antoni-lacinai](http://www.lacinai/about-antoni-lacinai)