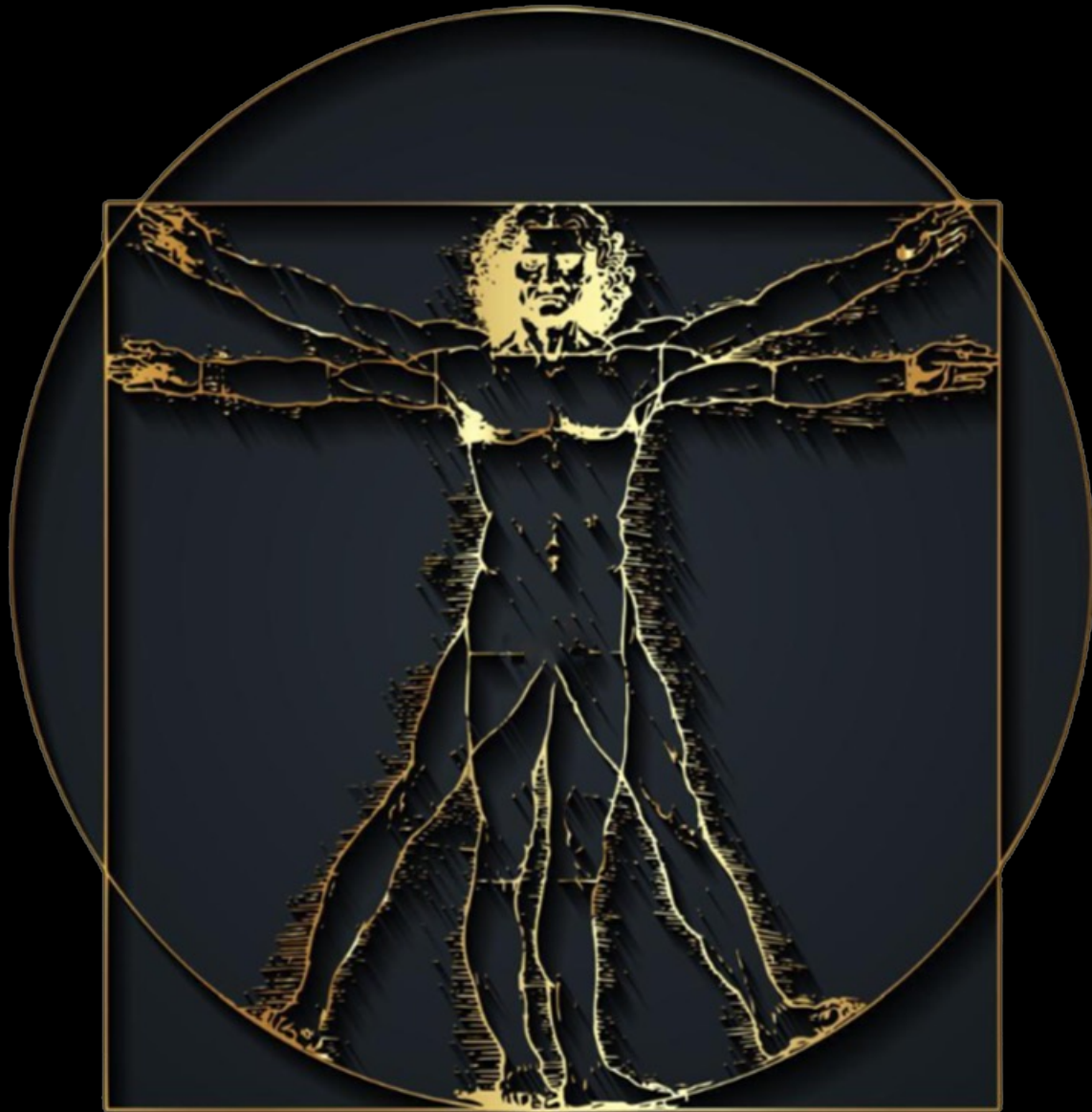


# NONVERBAL COMMUNICATIONS



Dr. Terry Oroszi

Body Language Expert

[www.linkedin.com/in/dr-terry-oroszi](http://www.linkedin.com/in/dr-terry-oroszi)

---

[www.linkedin.com/in/dr-terry-oroszi](http://www.linkedin.com/in/dr-terry-oroszi)

© 2023 Dr. Terry Oroszi

# NONVERBAL COMMUNICATION



## Face:

### Comfortable/Confident

Head Tilt  
Arched Eyebrows  
Chin Up

### Uncomfortable/Low Confidence

Eye Blocking  
Lower Eyebrows  
Chin Down  
Tongue Rub  
Disappearing Lips  
Lack of Eye Contact

### Aggressive

Lower Eyebrow and Squint  
Eye Gaze  
Sneer  
Nose Flaring  
Disappearing Lips  
Nose and Left Side of Mouth Lifted Up

### Possible Deception

Compressed Lip  
Tongue Jutting  
Increased Eye Blink  
Inappropriate eye contact  
Cocking the head to the side  
Facial Fidgeting  
Head Movement  
Eye Blinking

### Other

Pupils Dilate – Like What They See  
Pupils Constrict – Not Like What They See  
Eyes Open Wide And Dilated – Aroused, Surprised, Confronted  
Furrowed Forehead/Brow – Anxious, Sad, Concentrating, Concerned, Bewildered, Angry

## Legs:

### Comfortable/ Confidence

Leg Splay  
Legs Crossing

### Uncomfortable/Low Confidence

Standing Feet Together  
Jiggle to Kick Means Discomfort  
Jiggling Means Nervous  
Leg Movement

### Aggressive

Posing, Not Reposing

### Possible Deception

Constant Leg Movement

### Other

Clasp Knees - Ready To Go  
Close Legs – Intimate, Comfort

## Hands:

### Comfortable/Confident

Handshakes  
Preening With Hands  
Steepling  
Modified Steeples  
Hands In Ready/Active Position  
High Thumbs  
Genital Framing

### Uncomfortable/Low Confidence

Hidden Hands  
Sweaty Hands  
Nervous Hands  
Ring Playing  
Fingers Interlaced  
Playing With Objects  
Protect Other Body Parts  
Palms- Up Display  
Fingers Interlaced  
Thumbs In Pocket  
Interlaced Stroking  
Rubbing of Hands  
Hand Wringing  
Frozen Hands  
Neck Touching

### Aggressive

Palms-down Display  
Palms-down Fingers Spread

### Possible Deception

Hidden Hands  
Fidgeting

## Feet:

### Comfortable/Confident

Happy Feet  
Toe In Air  
Feet/Ankle Touching  
Mirroring Feet  
Dangle Toes

### Uncomfortable/Low Confidence

Feet Shifting – Need To Leave  
Toes In or Interlocked  
Feet Movement Restricted  
Feet Locked Around Chair  
Hiding Feet  
Feet Freeze

### Possible Deception

Shuffling Feet

### Other

Feet/Ankle Touching  
Feet Torso Movement - Welcome  
Dangle Toes - Comfort, Interest

## Arms:

### Comfortable/Confident

Arms Reach Out  
Arms Behind Back - Higher Status  
Elbow Spread  
Animated Gestures  
Hooding  
Arms Spread  
Arm Around Person  
Arms Near Another  
Elbow Flexing  
Elbow Interlocking  
Wrist Exposed Underside  
Arms Akimbo  
Arm Spreading

### Uncomfortable/Low Confidence

Reactive And Defend  
Restricted, Unmoving  
Elbow Narrowing  
Arms Against Waist or Between Legs  
Arm Crossing  
Arms Crossing as Massaging  
Arms Crossed Holding Wrist

### Aggressive

Arm Around Person

### Other

Akimbo With Thumbs Forward - Inquisitive or Concerned

## Torso:

### Comfortable/Confident

Ventral Fronting  
Both Shoulders Shrug  
Dressing The Torso  
Preening  
Torso Splay

### Uncomfortable/Low Confidence

Leaning Away  
Blade Away  
Ventral Denial Shift  
Torso Shield, Blocking  
Crossing Arms  
Half Shrug  
Turtle  
Bowing

### Aggressive

Crossing Arms  
Baring The Torso  
Puffing Up The Chest  
Torso Splay Foot And Leg

### Possible Deception

Body Posture Changes