

5 Examples of Body Language and What They Show



Learning to read body language is a skill that takes years to master. The good news is that you can start at any time, and with a few simple tips, you can start the process. Below are five examples of body language and their meanings, so you can begin learning to read body language.

1. Arms Crossed Across the Chest

Crossed arms are perhaps the most common form of body language you will come across, and most people have at least a slight indication of what it means. Standing with your arms crossed is typically interpreted as a defensive or closed-off posture, indicating a reluctance to new experiences. It usually means someone doesn't want to converse with you. Be careful, however, as it can occasionally mean someone is just cold.

2. Tapping Fingers on a Surface

Another common body language is the tapping of fingers on a surface. You probably see this while you are at work, or maybe at a coffee shop. The tapping of the fingers indicates impatience and usually means that the person is waiting for someone. Knowing this could help you strike up a conversation next time you are also waiting for something.

3. Tilting the Head to One Side

Have you ever been talking to someone when they suddenly start tilting their head to the side? It is a good sign, as this particular aspect of body language means the individual is listening and interested in what you are saying. It can also be a sign of concentration, but either way, it means you have someone's attention.

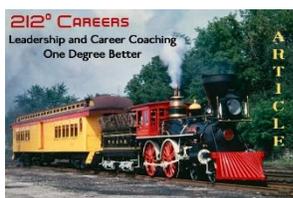
4. Crossing Your Legs

Many people don't realize that crossing your legs is also a form of body language, and it's typically not a good one, as it can indicate that you are uncomfortable. Please pay close attention when someone crosses their legs, though, as crossing them at the ankle rather than the knee can also indicate that they are trying to conceal something. The direction their knee points will also indicate who they may be uncomfortable around.

5. Pulling on the Ear

Have you ever discussed something with a friend or coworker and noticed them pulling their ear? This form of body language can indicate that the individual is trying to make a decision but hasn't yet made a decision. This aspect of body language can be beneficial when negotiating a business deal.

Overall, it will take lots of practice to learn to read all aspects of body language. But with these five examples, you will have a good head start as you learn what each motion means. So next time you are in a social situation, watch for these five forms of body language!



Scan the QR Code to visit 212-Careers.

