

# UNDERSTANDING YOURSELF

## How To Read And Understand Body Language

(NAPSA)—How do you communicate without using words? Your gestures and movements—the nuance of the body has a vocabulary all its own. This lexicon of non-verbal cues is often an important part of what's known as flirting.

Flirting can be compared to a subtle dance. One person gives a signal, the other responds, and so on—back and forth. Left. Right. Forward. Back. If cues are received well, the dance can evolve into some kind of relationship. If you don't understand the Dictionary of Flirting, however, you can find yourself on the “dance floor of life,” impatiently waiting for a signal—when all the while the signal for you to approach has been completely misread.

To help, here's *The Dictionary of Flirting—Body Language Cues*:

- Listen attentively to what your date/partner is saying. Ask open-ended questions and occasionally nod your head to indicate you're listening and understand.

- Give subtle compliments. If you admire without fawning, you will appear genuine. For example, tell him you like his tie or the sound of his voice.

- Make eye contact from across the room. Then if she returns the glance, and this keeps occurring, you might initiate contact by asking her something non-threatening. If you're in line at the grocery store: “I've thought about trying soy milk. Does it taste different to you?” If



**How you stand with someone in whom you're interested could depend on, well, how you stand.**

you're at the gym, “Are you through with the 25 pound weights?”

- Be conscious of humor in the situation. If he tells you a joke, laugh if you are genuinely amused.

- Make and maintain eye contact as much as possible. Steady and friendly eye contact, not staring, is essential for demonstrating your interest. An occasional glance down or away is also a good flirting strategy.

- Lean toward the person while he or she is talking, and maintain “open” body posture.

- Touch the person lightly on the arm, shoulder or leg as you are talking and pay special attention to body signals to get a sense of comfort level.

- Be sincere, honest, and straightforward. Don't overtly advertise your accomplishments or personality strengths. Telling someone that you're really funny

and then not being able to make her laugh is not the best thing to do. Let her “discover” your sense of humor.

- Look confident. Granted, a little nervousness is endearing to a new person, but show that you are proud of who you are by standing up straight and tall.

- Read the other person's signals and act accordingly. If the conversation is easily flowing and the eye contact is steady, then you can feel good about your date. If he's physically and/or verbally withdrawing, take this as a sign that it may be time to end the date and move on.

- *This advice comes from the experts at TRUEBeginnings™, an online relationship-building service established to help singles in the U.S. find a compatible partner with whom they can establish a meaningful and successful relationship. Because it believes the most important factor for such a relationship is compatibility, the company invests millions of dollars in research and development to create its TRUE Compatibility Test™, a proprietary patient-pending analysis and its TRUE Compatibility Index™, which helps members discover themselves as well as find compatible partners. In addition, it's the only site that offers members peace of mind with criminal background screening for all communicating members. You can learn more online at [www.truebeginnings.com](http://www.truebeginnings.com).*