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[Home](#) > [Categories](#) > [Relationships](#) > [Social Interactions](#) > [Language Nuances](#)

# How to Read Body Language

Understanding body language is a skill that can enhance your life. You can know what a person thinks and feels by examining their subconscious body language. This article will help hone this social advantage you can gain over people in your life.

## Steps

1. Gauge the distance. The closer that someone is to you, the warmer his or her opinions are of you. The farther away that someone is, the less they care.
2. Watch their head position.
  - Overtly tilted heads are a potential sign of sympathy. Alternatively the person is trying to convince you of their honesty.
  - Lowered heads indicate a reason to hide something. Take note if someone lowers his head. If it is when he or she are complimented, he or she may be shy, ashamed, timid, keeping distance from the other person, in disbelief, or thinking to herself. If it is after an explanation, then he or she may be unsure if what they said was correct.
3. Look into their eyes.
  - Liars will consecutively look at you and look away a number of times. You can actually learn specifically [how to observe behavior to judge whether someone's lying](#).
  - People who look away while supposedly listening to you are thinking about something else. This is why when you are talking to a group of people, if an item in conversation strikes the one looking away, they will ask for you to repeat the story.
  - Auditory learners may look from side-to-side and repeat phrases in an effort to retain information.
4. See if they're mirroring you. Mirroring is another common gesture. If someone mirrors, or mimics your appearance, this is a very genuine sign that they are interested in you.
5. Check their arms.
  - People with crossed arms are closing themselves to social influence. The worst thing that you can do to people with crossed arms is to challenge them in one way or another, no matter how they react. This annoys them. Though some people just cross their arms as a habit, they're (slightly) reserved, or they are trying to hide something on their shirt.
  - If someone rests their arms behind their neck, they are open to what is being discussed and interested in listening more. They may be waiting to state their opinion on the matter.

6. Be aware of nervous gestures:
  - If someone brushes their hair back with their fingers, their thoughts about something conflict with yours. They might not voice this. If you see raised eyebrows during this time, you can be pretty sure that they disagree with you.
  - If someone is biting their lip, they are anticipating something.
  - Lowered eyebrows and squinted eyes illustrate an attempt at understanding what is being said or going on. It's usually skeptical.

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## Tips

- It's easy to spot a confident person, they will make prolonged eye contact and have a strong posture.
- If people laugh excessively, it may be dishonest, or they just might be very naturally jovial and/or inebriated. Use your best judgement.
- Don't isolate yourself by constantly examining body language when interacting with people otherwise there is no reason to gain a social upper hand anyway. Paralysis by analysis.

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## Warnings

- Unfortunately, there are always exceptions. Some people's body language are not a representation of how they feel. This is where your instincts must decide.
- There are wide cultural differences, so body language will differ in other countries.

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- [How to Detect Lies](#)
- [How to Use Body Language Effectively](#)
- [How to Understand Body Language](#)
- [How to Start a Conversation With Someone on the Train, Bus or Subway](#)

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