

Body Language Cues

"The bottom line is that when a person wants to attract the opposite sex, they do so by emphasizing sexual differences. To discourage the opposite sex, we play down or hide these differences."

Signs of Attraction (Pull)	Signs of Discouragement (Push)
<p style="text-align: center;">Feminine</p> <p>Grooming hair and head toss (appearance) Wet lips (saliva or lipstick/gloss) Self-touch (invitation) Limp wrist (submission) Fondling phallic symbols (promise) Exposed inner wrists/palms Raised shoulder (mimics breasts) with sideways glance Rolling hips (displays sexual health) Pelvic tilt (highlights health and waist-hip ratio) Purse cues (personal extension) Dangling a shoe (display, mimics sex) Crossing legs (display) Flush (attraction results in increased temperature and rising blood) Higher -pitched voice Dilated pupils</p> <p style="text-align: center;">Masculine</p> <p>Grooming (straightening clothes/hair) Talk (invitation to shared intimacy) Crotch framing (thumbs in belt/pockets) Crotch exposure (through posture/stance) Crotch adjustment (asserting masculine dominance) Deeper voice Acts of bravado</p> <p style="text-align: center;">Generally</p> <p>Shows of ownership by touching Mirroring (builds rapport) Leaning or pointing toward a person of interest</p>	<p>Posture that takes up space Competitive/aggressive crotch displays (masculine) Sideways look with down-turned facial features Staring/long eye contact Invasion of personal space Lowering the eyebrows</p> <p>Defensive gestures such as crossed arms Avoiding eye contact Looking down Pursed lips Barriers</p> <p>Turning away Crossed arms Locked ankles Crossed legs while standing Looking around Clenched hands Hugging self or gripping own arms Twisted smile Pointing Placing other person to the left side</p>

Stages of Courtship

1. Eye Contact - Occurs a few times before he acts on it
2. Smile - Small and fleeting or full expression
3. Staging - Posture and framing
4. Small Talk - Breaks the ice
5. Contact - Advances intimacy

Source:

Pease, Allan and Barbara Pease. The Definitive Book of Body Language. New York: Bantam Dell, 2004.