

John Legend and Chrissy Teigen's Body Language: More Intimate Than PDA



by [Jared Sais](#)

It's hard not to be enamored with Chrissy Teigen and John Legend and the love they share for each other. With that thought in mind, I took a look at their nonverbal cues to determine what their body language reveals about their relationship.

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In both photos above, the couple shows their best red carpet

photo stance. Even with the yellow dress covering her legs, I can tell that she is actually doing the same camera-op pose. You can see a bit of a bump at her knee, giving a small outline of the direction of her legs and feet. Her legs are pointed the same way, and her feet are in the same position (one foot in front of the other). What that proves is that Teigen is posing more for the cameras than truly showing her love for her husband.

Still, there are body language signs that show just how much they love each other at this point in their relationship. Two things really stick out to me in these photos: The first is their distance from each other. In almost all of their photos, you will see them standing close to each other as they share the “we” mentality, which is when a couple starts identifying as a single unit. You may hear a long-time pair say something like, “We have to run a few errands tomorrow,” when only one of them truly needs to.

In the second photo, we really see that idea: Look at how they bring each other close when taking a photo. They are proving that they’re in a happy, loving relationship with trust and lust. When a couple is happy, they will get close together and pose as one unit; when a couple is not happy or feeling distant, they will lean away from one another and not be joined at the hip.

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The second nonverbal cue that jumped out at me was the position of Legend’s hand in both pictures. The angle of his arm indicates his hand is on her lower back or upper butt. This zone of a person is considered off-limits to all who are not considered loved ones. We have different zones on our body that indicate different levels of connection and comfort. For example, a pat on the head usually means one person is more dominant (the pater) than the other, either by age or

position. This action is usually a sign of acceptance or support. In this case, Legend is reaching for a more loving, relationship zone of the body. In turn, his causal photo pose is really a nonverbal shout-out that they are in love and in a very intimate relationship.

It really looks like these two were made to love to each other. These pictures might be a bit light on public displays of affection, but thanks to their body language and nonverbal leaks, everybody knows that they only have eyes for each other.

[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.