

# Expert Dating Advice: Mastering the Nonverbal Cues of Flirting



By Jared Sais

I have written a lot of articles over the years offering [dating advice](#), but perhaps none as special as this. This is what my new book (still in the works) is all about. I won't give away all the secrets I have, you'll have to read the book to get them yourself, but I will give you a few nonverbal cues to be on the look-out for and tips on how you can master them yourself. The truth is, if you were to perfect these flirting cues, you just might have lines of people waiting to get to know you. Some of these cues may seem overly simplistic, you may even say "oh come on, give me something I don't know."

Yes, you may know how to smile, but for how long? Do you show teeth or not? Is your head tilted to the side or down? What are you doing with your hands as you smile? Are you looking at the person you're smiling at? Did you just smile for too long? Does that make it creepy now? This, I must teach you.

## **Expert Dating Advice: Nonverbal Cues of Flirting**

If I asked what the first way people greet one other is, you may say with a wave, a smile or a handshake. Would you be surprised to learn that all of these are wrong? Maybe you'll be the first few to know that it is via eye contact. You may know that eye contact is important, but how long do you look for? Are you looking into the eyes, lips and or body? Not so easy, is it? Yet, it is so important. Eye contact is the first thing I observe that will tell me if two people will be a strong match. People will gaze into each other's eyes and not even consciously know. I know the exact amount of time that looking into someone's eyes means uninterested or extreme attraction. What would you do with this gift? I have helped a countless number of clients find true love, I have used it to find true love myself, and now I am using this gift of dating advice to write a book to help the masses. You can read my other posts about relationship and dating advice on CupidsPulse that tell you how to smile, how to spot a real versus fake smile, or how to give good eye contact, so I'll skip these things.

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**1. Lick lips/attention to your mouth.** You have to understand that there are nonverbal cues that will trigger reactions from us. We stand no chance to this trigger. Putting attention to your mouth, such as a lick, a bite or nipping at a straw will

trigger a response from the person you are targeting. Think of it like this, if I were to ask you “how are you” you would probably say “good, and you?” Now, you may not be good but that’s what you say in response to that question; it’s an automatic response. So by drawing attention to your mouth, you are creating an automatic response, triggering your target to approach you and start a conversation. If you want attention from that special someone, make your lips the focal point.

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**2. The trifecta.** Slightly tilt your head down (chin closer to your chest), look up at your target and perform a slight smile. The smile should be closed mouth when the head is down, but when you pick your head up you can open your mouth to show teeth. If you are a woman, you can pull your hair back or tuck it behind your ear. This is a three step nonverbal cue that will bedazzle your person of interest. It sends a strong message that you’re interested and are willing to have a conversation. It should not look creepy or forced, so before you go out, try it out. I tell my clients to practice this nonverbal trifecta in the mirror and to break up the trifecta into steps, then mash it all together. This can be quick, lasting a few seconds in time.

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**3. Separate from group.** Almost no man will approach a big group of women and rarely in America does the woman approach the man. As the woman you need to separate from the pack and make yourself approachable. Also, you may want to leave behind your wing-woman/wing-man if that person is the “mother hen.” The mother hen tends to be a bit over-protective; men don’t need a background check when first approaching you, don’t let “mother hen” send him away from you. Instead, go alone to the bar and get a drink or take a friend who is fun and can create conversation to help the flow of your first meeting.

If you can perfect these dating tips from a dating expert, you will see just how quickly people will approach you. Have fun.

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

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## Dating Advice On How to Date an Introvert



By [Jared Sais](#)



As a relationship expert, I understand that dating an introvert is a different experience than dating an extrovert. If you need a quick how-to, then follow my [dating advice](#) and these three main rules when dating an introvert.

## Dating Advice: Dating An Introvert

Rule #1 – Keep it simple. The date should focus on getting to know each other. But simple does not mean boring; in fact introverts have the right idea. They would rather the fun come from the person than the venue. The idea is sound. Introverts want the person to bring at least 80% of the entertainment, the rest should be venue related (at least at first). The idea is this: If you can hit it off at a quiet bar with almost no music or dancing, and you can laugh together, talk non-stop for two hours and make a seemingly boring venue seem like the most fun place in the world then you're worth their time, commitment and devoted trust. Introverts are not boring, so though they focus on the individual more than the venue it's your responsibility to spice things up. Come up with a few date ideas like creating games and asking questions. It's okay to push them a bit out of their comfort zone but ease into that. The goal is to be intimate, fun and to get to know each other.

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Rule #2- Tell the truth and be yourself. Introverts are less forgiving than extroverts when it comes to lying and pretending to like or dislike something. Introverts want to get to know the real you. If you're an extrovert who likes dancing that's fine, but don't lie about it. Introverts hold dear to being yourself and honesty. Again, they want to know the real you. If you fake who you are or lie then chances are you won't be held in the best light. Be yourself and tell the truth and they will love you. Just because they're introverts

doesn't mean they want to date an introvert. So if you're like me and a big extrovert, its okay. They will love you if you're kind, honest, and trustworthy.

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Rule #3 – Take your time. You don't need to rush when dating an introvert. Getting to know each other is the best part so no need to rush the relationship and love. Introverts may take longer to warm up to you, but that's okay. Once again they have it right. Relationships need time to develop and mature, so the more time you invest the better and stronger your relationship will be. Though it takes longer, introverts are as loyal, trusting, and caring as they get. My dating advice is that if you open up to them and take your time in getting to know them they will be by your side forever.

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## Expert Dating Advice: How Do I Know If a Guy is Into Me?





By [Jared Sais](#)

*"I found out that a guy liked me, and I liked him too. I tried to talk to him more and set up a casual date, but he stopped responding. What gives?"*

As a relationship expert, I hear about this story happening a lot. It's like the person just vanishes. You thought they liked you back. You were talking a lot, and then suddenly, you never hear back from them. This phenomenon is called "ghosting," and the idea behind it is simple: It's easier to ignore the situation instead of facing it head on.

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## Relationship Expert Shares His Thoughts on "Ghosting"

People ghost as a way to say they're not interested in you. It sucks, I know. It hurts, and you're left with a bad taste in your mouth. Things may even feel unresolved. I hope you take

comfort in the fact you're not alone. People everywhere are wondering the same question. What the heck is going on?

Ghosting is the new way of saying, "It's not you; it's me." Technology has been integrated into the dating world and the process of forming new relationships and love. Ghosting is how people are using (or not using) it to end their partnerships.

As part of my expert [dating advice](#), I've said before that people don't have the same social skills they used to. They text instead of talking face-to-face. I remember when texting was considered the "cheap way" to break-up with someone. Back then, someone would be so offended if you called it quits via text! Now it's standard, and ghosting is becoming less and less taboo.

So if the person just vanishes into the night with no response, chances are he's ghosting you and isn't interested in continuing what you already started. But why, right? You want answers!

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The first thing that comes to mind is that they might have been dating other people at the same time and felt they had more in common with the other person. A second possibility is that, while they aren't seeing someone else, they didn't feel that chemistry with you, causing them to ghost you. A third option – one that's very cliché but could be true – is that they're a workaholic and simply don't have time for a relationship. Regardless of why, they're ignoring you instead of being an adult about things and just talking to you.

Here's what you need to remember: If someone is truly interested in you, they'll want to see you, talk to you, and spend time with you. That's how you should be treated: with kindness and respect. How someone starts or ends a



relationship shows a lot about their character. If someone is ghosting you, they probably aren't ready for anything serious. It's time to move on!

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## Dating Advice: Body Language to Create Instant Attraction



By [Jared Sais](#)

Instant attraction happens all the time. As a relationship expert, when I go out to research at a venue, I can spot this phenomena in a split second. However, people who share the nonverbal cues of instant attraction don't usually know it at first. Their bodies seem to be on a different wavelength than the conscious mind. It's as if their souls were meeting before their actual bodies were. The body subconsciously understands this connection, yet the individual people lag behind. Well not me. I see it first hand as fast as it happens. And this is my secret on what I look for. My [dating advice](#) is to look for three main nonverbal cues to identify instant attraction.

## Dating Advice On Nonverbal Cues For Instant Attraction

**1. Eye contact with a delayed neck turn lasting about two full seconds.** This is a hard nonverbal cue to look for yourself. As you walk into a crowded place full of people you're taking in more information than you can actually fully handle. You're in a stage of information overload. So, when your body chooses to take a longer-than-average look at someone, that tells me they're more important than the other people you decided to mentally block or purge. When the eye contact is reciprocated for an equal time of two seconds, that's the first sign of instant attraction. The neck will slowly turn away instead of quickly whipping to the next target or person. This occurs because the eyes want a longer look at the person you're interested in. Now, this happens so fast that your body keeps moving and your mind may not fully recognize the chemistry that just took place. Take my love advice and try to capitalize on those moments.

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**2. A comparable physical attraction match.** One thing I've noticed is that usually instant attraction takes place with people of close or equal attraction level. Meaning, if you wouldn't normally be attracted to that person, you won't form instant attraction to that person. Chemistry and survival make up a big part of this instant connection. Your body is saying that person would be a good match for you, as matching with them would lead to a good looking baby. Chemistry also plays a role as the force trying to make that happen. Hormones and pheromones are released and the two bodies start trying to push you two together. I'm not saying people won't find love in other forms, such as personality, wits, stability, or economics. But we're speaking about instant attraction and that is almost 100% based on looks or in this case, senses.

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### **3. The five senses create a liking.**

- Sight/Looks. The obvious one. If you look good, more people will form an instant attraction towards you. This attraction isn't always reciprocated back but if the two people are close or equal levels of attraction, it will be.
- Smell. Sure, we can say pheromones and hormones need to match up but the truth is if you smell nice, people want to be around you longer. If you smell bad, people will run away. Think of bees to a flower. Try and be the flower. Make sure you smell nice so you can keep the company surrounding you longer. Also, smell is a powerful tool. People remember smells long after other senses.
- Taste. No, you're not eating the person. Well I hope you're not. But taste does play a role when speaking about instant attraction. The Luncheon Technique is a persuasion tool that states if you give someone a tasty meal and ask for something, such as money, they'll be

more likely to give you what you want. So, if you approach someone in a nice place, as they're eating and having fun, they will be more likely to respond favorably towards you. Now, not everyone likes to eat in front of strangers, or even be approached by one as they're eating. But the idea is sound and there are specific ways to approach people in times like this that won't create a sense of awkwardness.

- **Touch.** Touch is a powerful tool. It lets people know if you're interested, strong, caring, friends, lovers or family. Touch is how we connect as humans and animals to show feelings and emotions. Based on touch, we can determine if someone will be or is instantly attracted to you on where they're touching you. If a person (though in my findings a woman will usually perform this nonverbal action) puts a flat hand on your chest, that is a sign of trust and complete affection and lust. Hands on bicep, thigh, knee, side of the neck, cheek, hand and lower back are all attraction cues. The forearm can be a sign of attraction but can also be a sign of friendship. Depending on where you are and who is doing it and how it's being done.
- **Hearing.** The sound of a voice can trigger a sense of attraction. How someones voice impacts your ears will send a sign of pleasant or unpleasant, adding to the force of instant attraction. If you like the way they sound, find it comforting or attractive and their voice matches their appearance, you'll be more attracted to that person.

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I see people show nonverbal cues of instant attraction all the time. It happens everywhere such as on the street, at a bar, in a restaurant or at a friends party meeting new people. I hope when reading this you'll be more open to observing this

happen to you and will be able to capitalize on it and find the relationship and love to last a lifetime. So, my dating advice is to put away your phones and look into peoples eyes and see if you find what you've been looking for.

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## Relationship Expert Talks What's Wrong With Men In The Dating World







By [Jared Sais](#)

As a [relationship expert](#), I've heard some of the worst dating stories. I'm sure, like my friends, you too have been on some bad dates. Sometimes the men are only after one thing. Sometimes they just don't know how to actually have a conversation with you. And sometimes they have no manners and barely plan the date. This article will do two things. First, I will call out the rude, bizarre, and ugly behavior men are showing women on dates. Second, I will share my love advice on how women should handle situations like these.

## Relationship Expert Says What To Do On A Bad Date

Let's look at a couple scenarios and then I'll give my expert dating advice.

**Scenario 1:** The girl picks up the guy in front of his apartment. It's 7 p.m. and the girl hasn't eaten and is quite hungry. She is excited as she sits in the car anxiously. She

took the time to make sure she looked nice. Then the man walks out of his building in workout gear. Long shorts, ragged shirt, and hair a mess. He gets in the car and tells the girl that they're going to a nice place. Needless to say, she's a bit dumbfounded by the way he chose to put himself together. He tells her where to go and they wind up at a sports bar. As they get into the bar he sees a group of his friends and orders two beers, one for him and one for her. The night ends two hours later and he decides to stay with his friends, leaving the girl to drive home from the bar.

Now, I'm sure your mouth is on the floor by now, but this situation might also look familiar. And if so, this is what you can do next time:

- Call them out on how they've presented themselves.
- Tell them you haven't had dinner yet.
- Tell them the date is over if they don't treat you right.
- If they don't show you respect or have class, they're not worth your time.

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**Scenario 2:** The girl took time getting ready and even wore a new outfit. It's 8 p.m. and she only ate a tiny bit as the guy said they were getting food together. As the girl meets the guy, he decides to change the plans and wants to head to a bar for a drink first. They get a drink each and he only pays for his, leaving her to pay for her own. During the drinks they speak about getting food and more about him. He never asks one question about her and what she likes. They finish their drinks and head back to his car. They start to drive and wind up back at her car. He says he'll get food on the way home and that he feels tired. So the girl drives home and eats back at her place.

What to do if this happens to you:

- Leave and never call him back, ever.
- Again, call him out on his behavior.
- The man should pay for the first few dates. Call me old school but it's just classy and shows good manners. Of course, the girl should offer to split but the guy should decline and pay.
- If the plans change, step it up in scale. So if you want to change plans, make it bigger and better, not smaller and worse.
- If you agree to food on the date, then that is a must. Don't ditch the main event. It's rude.

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What is wrong with men today? They aren't dressing to par, they aren't paying, they only want a physical relationship and love, they show zero class, and worst of all, they're disrespectful to women. There are good guys out there, ladies, but there may be awkwardness, which will happen to a guy that really likes you. They will pay for the date, open the door and want to get to know you.

As a relationship expert, I see good guys get the boot due to some silly reason, while idiot men who won't even care about a woman's day get all the buzz and attention. This leads to a constant cycle of bad dates and sadness. But, this isn't all the woman's fault, not in the slightest. Men need to really bring their game up. Be a classy guy, show you care about the way you look, and act with gratitude. Open doors, pay for the meal and look for something real in the woman you're dating. Not every date needs to be perfect but try and put some thought into it to make it nice. I think the perfect date is

at a coffee shop, from 5-8 p.m., where there's quiet music to take away from any first date awkwardness.

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## Expert Relationship Advice: Comforting Your Partner During Arguments





By Jared Sais

It's inevitable that you'll endure rough patches in your relationship and love, and maintaining a loving and committed attitude during them will help strengthen your bond. If you want to comfort your significant other but aren't sure what to do, consider these six pieces of non-verbal expert relationship advice:

## Dating Expert Reveals How to Play Nice During Arguments

**1. Pay attention to your tone and pitch:** It's not what you say but *how you say it*. As a dating expert, I remind my clients of this truth often! We've all heard it before, and during an argument, it absolutely rings true. Which one sounds better? "You have been so self-absorbed – it has been driving me nuts" or "I feel that you have been very busy lately and haven't been taking the time to consider me and my feelings..." Even though both statements make the same point, your partner will react to the first one very differently than the second one. The first statement is harsh and accusatory, while the second statement permits more



empathy and discussion.

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Instead of screaming an impulsive negative thought, take a deep breath and, in a calm manner, state how you've been feeling. Be completely honest, but imagine how *you* would want to be confronted if the issue were directed at you. It is often helpful to initiate the conversation by stating, "This is how I feel" or even just "I feel..."

Telling your significant other how you feel rather than yelling "You are an idiot!" allows them to understand you're not accusing them or playing the "I'm right, and you're wrong" game. Instead, you're merely revealing your feelings. Your perspective on an issue is your reality, but it may not be your partner's. By beginning the conversation in a mature way, you're bravely setting the stage for a constructive argument. The issue can then be resolved quickly and often without any harm to the relationship and love.

My love advice below breaks this idea down even more. Here are some tips to consider:

- Use a calm, conversational voice. I know the urge to yell and shout is there, but hold it back.
- Use phrases like, "I hear what you are saying" or "I'm trying to see it from your perspective" and actually mean them. Try to understand what your partner is feeling.
- Alternate voicing your feelings and opinions. Both of you talking at once will eventually lead to yelling.
- Limit sarcasm, as it is the lowest form of humor. Also, refrain from phrases like, "What's wrong with you?" and "Are you feeling okay?" Those comments tend to initiate a steamy cycle of anger.

- Don't talk down to your partner. You are clearly with that person for a reason, and you're not their superior.
- Be genuine and honest in regards to how you feel.

**2. Limit the defensive body language:** Arguments will happen, regardless of how perfect your relationship is. The most important thing for you to do is say what's really bothering you, which is sometimes more difficult than it seems due to the nature of your feelings. It may be uncomfortable, embarrassing, or just anger you too much!

Having closed-off body language will make the difficult topic even more stressful to discuss and thus slow the mending process. Unresolved issues will linger and likely come back to haunt the relationship. Here are the dos and don'ts of keeping your body language open:

- Don't fold or cross your arms. You're not a body guard or a bouncer at a club trying to portray intimidation.
- Do talk with your hands and leave your arms open or to the sides of your body. This stance promotes the impression of open-mindedness and flexibility. People like to be heard and understood.
- Don't point at your partner. It adds a sense of guilt and makes the other person feel uncomfortable.
- Do keep a normal distance (each couple has their own normal distance), and don't tilt your body away or leave.
- Don't turn away from your partner. Face the person speaking, as it shows respect and that you're listening to what they're saying. You may not agree with their statements, but if you want to be heard, you have to listen.

**3. Make direct eye contact:** Eye contact is of prime importance when discussing a difficult topic or trying to resolve an argument. It's not constant, as too much can be awkward and

uncomfortable, but consistent eye contact should be made throughout the conversation. It displays confidence, maturity, and trust. More than just being common courtesy, looking into someone's eyes when they're speaking shows that you're paying attention to what they're saying and that you care about how they feel. These are all necessary features to civilly talk through a difficult situation.

Whatever you do, don't roll your eyes or look away too much. I understand it can be uncomfortable to see your partner upset, but as a mature adult, you need to confront the issue, eyes on.

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**4. Limit the use of angry body language:** Similar to the importance of having open body language, limiting angry body language will help solve the problem at hand. Anger is easily seen without a word or grunt. Once it's detected, it's contagious – and that's one wild fire you need to put out.

Angry body language is displayed most commonly by these three non-verbal cues:

- Closed fist(s).
- A facial expression of anger, which includes pinched lips, death eyes or a strong glare, and lowering of eyebrows.
- Hitting. If you or your partner hits the wall or an object, stop what you're doing. Take a deep breath and start the conversation again after both of you regain your composure.

**5. Recognize the non-verbal sign for “stop”:** Look out for this very important non-verbal cue. It's the stop sign, a flat palm with straight fingers stretched out. This cue might be shown in front of the person's chest or at the side of the person's hip. Wherever it is, it means one thing: Stop what you're doing right now! No matter what you're doing or saying, if you

see this non-verbal cue, you need to walk away or leave the room. Return only if you and the other person can calmly discuss the problem at hand. This “stop” sign, alternated with tight closed fists, is the strongest clue that you need to regroup.

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**6. Seek help when needed:** There's no harm in asking for help! After all, being honest with yourself about your relationship and love is key to a happy ending. A therapist is a wonderful way to maintain a healthy environment when discussing an important issue. Sometimes, a problem is deeper than it seems, and help from a professional may be the best way to resolve it.

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## Expert Love Advice: 10 Signs That He's Just Not That Into You





By [Jared Sais](#)

The world of dating is hard to maneuver by yourself. If you ever find yourself wondering if your date is going to call you again, follow my [expert love advice](#) to figure out if he likes you...or not. Here are 10 signs that he's just not that into you:

## Dating Expert Reveals 10 Ways to Know If He's Into You Or Not

**1. He doesn't make eye contact:** A man will lovingly gaze into a girl's eyes if he likes her. Heck, a man will awkwardly stare shamelessly at a girl when he likes her! To most men, it's the only move they have when they flirt. If they aren't looking at you, it's the biggest sign that they're not interested in a relationship and love.

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**2. He doesn't text you back:** A man will usually text you after



a date to make sure you got home okay. But after that, if you text back and he doesn't respond, that means he's not interested. A man who wants to see you again will set the next date up while you're still on the first date. If the first date ends and there isn't talk of a second date or he doesn't follow up with a text, the odds aren't good that you'll see him again.

**3. He pays attention to his phone during your date:** Looking at his phone during a date means one thing: boredom. As a dating expert, I came up with an easy way to remember this rule: more phone equals less interested and less phone equals more interested.

**4. He talks about other women:** Well, this one is simple: If he's speaking about or looking at other women, he's either a creep, or he sees you as more of a friend than a potential partner. You'll need to get his attention and show him you can be sexy and more than just a pal. Those other women have nothing on you!

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**5. He shows a lack of emotion:** Simply put, a man who cares for you is interested in you. If you're sad and there's a huge lack of empathy, then chances are, he doesn't even cherish your friendship. My expert love advice is to lose him fast, as he isn't a good friend or the right fit for you romantically.

**6. He makes excuses:** "I can't see you tomorrow." "I have to wash my hair." "Oh, I can't go to that bar with you because I'm busy." Excuses can be practical at first, but one after the other means one thing: He's just not that into you. Also, look for excuses that don't make any sense.

**7. He only calls if he needs you or at a late hour:** As a relationship expert, I think these two scenarios sound like booty calls. Maybe he's only interested in a physical

relationship with you. That's when you get the late night calls or dates that always seem to be watching movies at his place.

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**8. He shows a fake smile:** A fake smile is seen as the polite thing to do, but it means that there's a lack of happiness and good vibes. If there's no interest, someone will fake smile, as they'd rather not be rude. By the next day, though, a text message will say that they're just not feeling it.

**9. He doesn't contact you after a date:** It's the easy way out. Many of us are guilty of not texting or returning messages as a way to ignore the situation completely.

**10. He touches you as a friend:** Think about how he touches you: Shoulder touches (friend) versus thigh touches (sexual attraction) and upper back (friend) versus lower back (sexual attraction) are two examples. Touching may be seen as good no matter what, but that isn't so. A touch on the top of your head (which usually symbolizes dominance or that you did a "good job") doesn't mean the same thing as a touch on your chest with a flat palm (a non-verbal cue of trust and love).

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# Leading Non-Verbal Expert Shares Online Dating Love Advice



Interview by [Jared Sais](#). Written by [Rebecca White](#).

Relationships and love are not always easy to find, and in this day and age, many people turn to online dating as they search for that special someone. This approach can be extremely effective, but it's important to keep a few things in mind in order to increase your chance of finding The One. In our celebrity interview, Dr. Paul Ekman, an expert in non-verbal communication, shares his best [love advice](#) to help you get through a first date with someone you met online.

# Dr. Paul Ekman Shares Love Advice For Online Dating

Before you even go on a date, chat with your potential partners on Skype or FaceTime. That way, you'll be able to tell if they're authentic from the get-go. You can watch their facial expressions and hear their tone and pitch, gathering the non-verbal cues needed to get a better understanding of who they are. After all, you can't tell if they're lying via e-mail or text!

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When it comes to your first date, Dr. Ekman's expert dating advice is simple: Be prepared to ask the right questions. He recommends that you find out the answers to these five questions below:

**1. What do you like to do on vacation?** If you can't travel together, you can't live together! Find out what your date likes to do for fun and see if you have any similar interests.

**2. Why didn't your previous relationships and love work out?** Really listen to how your date responds to this question and be on the lookout for any red flags. Of course, there are a few acceptable answers, like illness or death of a past lover and differing opinions about topics such as having kids or where to live.

**3. Do you have a good relationship with the opposite sex parent?** If the answer is no, they may look to you to fill that void. A bad relationship with any parent could cause issues in your love life, as they may have a skewed perspective of the family unit.

**4. What is your online dating history?** While this question isn't a necessity, it's helpful to know what sort of online

dating success your date has had thus far. How long have they been looking for love online? How many dates have they been on?

**Related Link:** [Dating Expert Gives Five Body Language Cues to Look For on a First Date](#)

**5. What type of relationship do you want?** Asking this question on a first date will let you know if you should continue this particular romance. If you have different answers, then it's time to move on!

Besides these verbal questions, don't forget to look for classic non-verbal cues while you're on the first date. Is your date leaning towards you? Are their eyes dilated? Are they making eye contact with you? These are all positive signs! Dr. Ekman even has a training tool called micro expressions, which can help you learn how to read people. Be sure to keep this love advice in mind the next time you go on a first date.

**What questions would you ask on a first date? Let us know by commenting below!**

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## Dating Expert Gives Five Body Language Cues to Look For on a First Date







By [Jared Sais](#)

First dates aren't always easy. If you ever find yourself wondering how a date went, then use my [expert love advice](#) to look for clues during the date. There are five main body language cues to consider: making eye contact, showing a real smile, leaning in, "peacocking," and using a flat palm on the chest.

## Dating Expert Talks Body Language On a First Date

**1. Making eye contact:** Eye contact is the first non-verbal cue I look for because it is the gateway to truth and emotions. Your eyes smile. They love, they hate, and they lie. When you are on a first date, I would look for these four main eye movement cues:

**a. Eye to eye contact:** Eye to eye contact shows respect and a liking. We tend to hold eye contact (in American culture, that is) of people we like, respect, and find attractive.

**b. Elevator eyes:** Elevator eyes are when your date looks you up and down. It's a sign that they find you attractive, but it may also be a sign that your date wants you for only one thing. As a dating expert, I find this type of eye movement to be disrespectful.

**c. Wandering eyes:** This form of eye movement is a type of flirting with the outside community. It's checking out other people during a date with you. Now, I'm not saying your date should hold perfect, elongated, and constant eye contact. In fact, that would be weird and creepy. But if you constantly see your date not looking at you when you're speaking and doing elevator eyes at other women as they walk by, I would say that's a big red flag.

**d. Dilation of pupils:** This is a very good sign but extremely hard to spot. If you do spot their eyes dilating, that means that your date finds you attractive and likes the way you look.

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**2. Showing a real smile:** Well, easy enough...or is it? As a dating expert, the smile is the second non-verbal cue I would look for on a first date. A real, true smile involves the entire face – from your eyes to your cheeks to your lips. If you see wrinkles on the corner of their eyes, that's a great sign. Those wrinkles are called crow's feet, and they're a big part of observing a true smile. Also, in a real smile, you will see the cheeks rise and puff up a bit. Finally, look at the mouth. If their teeth show or there is a big grin where the tips of the mouth raise up a lot, that too is a non-verbal cue of a genuine smile.

Here's the catch: You should see almost all of these things happen at once for it to be a real emotion of happiness. In a fake smile, only the mouth will move. You will rarely see any

movement in the eyes, and the cheeks may only move slightly.

**3. Leaning in:** When speaking with your date, take note if they are leaning in or leaning towards you. This non-verbal cue shows interest in what you're saying and/or that they're interested in you. If you notice they're leaning away from you, this would indicate that they're not interested, as they are creating distance between the two of you. Distance is one of the number one indicators of attraction. The closer you two are, the more they like you and feel comfortable in your presence.

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**4. "Peacocking":** Just like the bird, we too strut our stuff. There are four main ways we use this strategy when trying to impress someone:

**a. Clothes:** The clothes we wear can catch someone's eye, and we often use what we wear to impress others. A nice watch, that dress that fits like a glove, even those beautiful earrings are all used to capture the attention of that special someone.

**b. Dramatic hand and body gestures:** Non-verbal cues that are used to catch the attention of others can all fit into this category of "peacocking." Big hand gestures that take up a lot of space or flipping your hair are both ways people use their body to "peacock."

**c. Space/dominance:** Taking up more space than usual or using space to grab attention, like renting out a VIP table at your favorite bar, demonstrates a way to use space as a "look at me" tool to grab the attention of people.

**d. Tone and pitch:** How we speak and the tone we use can be a way to grab attention from others as well. Accents or even singing your favorite song at a karaoke bar are ways to use

tone and pitch to “peacock” to others.

**5. Using a flat palm on the chest:** This non-verbal cue is a sign of trust. When speaking with someone, if you see them make this hand gesture, they are being genuine and sincere. They are showing you trust and honesty. This is a non-verbal cue that can let you know the person you are with has let down their guard and is ready to open up to you. When you see this non-verbal cue, it would be nice if you reciprocated by opening up a bit to them as well. As a relationship expert, I’ve come to believe if the person you are with places their palm on your chest, that is one of the biggest compliments you can receive. It shows complete trust, loyalty, and love for you.

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

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## Expert Dating Advice: Is He Going to Dump Me? Your Partner’s Body Language Before a Break-Up





By [Jared Sais](#)

To understand the non-verbal communication of a break-up, we need to know that our bodies and mind prep us before the split actually takes place. As a relationship expert, I have seen five main non-verbal tools that we use to get ready to end a [relationship and love](#): contempt, distance, arguing, a change in routine, and a lack of empathy or not caring.

## Relationship Expert Talks Non-Verbal Cues Before a Break-Up

To follow my expert dating advice, let's dig deeper into each of these emotional, non-verbal preparation tools:

**Contempt:** Relationship experts in the field of non-verbal communication believe this facial cue to be one of the most noticeable and reliant cues for a break-up. Contempt can be shown as a unilateral facial expression, usually having the corner of the lip rise from one side of the face. It can also be shown as a rolling of the eye. If your partner starts showing contempt more and more, they are preparing themselves



to hate you.

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**Distance:** Dating experts know that, when we are in love, everything about how we feel and the way we show our emotion is about letting people get close to you. It can be shown in kissing, hugging, cuddling, and more. It has even been stated that our cells bond more closely together when we are in love. When prepping for a break-up, one of the first signs is starting to separate and create physical distance from one another. Many people notice this part the most – the lack of a hug or the shortness of a kiss. Little by little, the distance will grow until not much is even said between you both.

**Arguing:** There are three main reasons why so many arguments take place before a break-up: to make it easier to leave the person, to find peace of mind, and to convince yourself you are making the right choice. After all, it is easier to leave someone who is angry! An argument can stem from your partner needing to get something off their chest. It helps them with closure, as they probably didn't say everything they felt during the partnership. In addition to closure, they bring up the unpleasant past to help them decide if they are making the right decision in ending the relationship and love.

**Change in routine:** The most important way to know something is wrong is sudden changes that occur in the relationship – things like hanging out with new friends without you, getting home much later than usual, or making drastic changes without telling you, like a new hairstyle or a tattoo. All of these actions usually stem from the need for new things. Plus, they show your partner that new and exciting things can happen without you. It also helps them see the life they could have without you. Sudden changes in routine can be less evident as well, things like not going to sleep together or not eating dinner together as you once did before. All of these are clues

that the relationship is changing.

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**Lack of empathy or not caring:** This sign is distance through emotions. When they no longer care about things that once mattered to you as a couple, it's a big sign that they may break-up with you soon. The lack of empathy is a way to distance themselves from the relationship and put them in the state of mind to move on, and the lack of caring means that they are fed up with the way things are. For many people, this part hurts the most; it's the total lack of love and respect that once glued you two together.

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## Expert Dating Advice: How to Spot a Man Who Only Wants One Thing





By [Jared Sais](#)

“How do I know if a man really likes me or if he just wants sex?” Does this question sound familiar? I’m sure it does because it’s one of the most popular questions I get asked as a relationship expert. Ditch the creeps and find your keeps with these non-verbal communication tips:

## Relationship Expert Talks About Non-Verbal Cues

To follow my expert [dating advice](#), here are three non-verbal cues to be aware of if you’re trying to determine if a guy is *really* into you:

**His eyes:** Of course, elevator eyes, flirting eyes (not directed at you), and wandering eyes are a big no-no. Elevator eyes refer to when a man skips your eyes and is constantly engaged in your lips, hips, boobs, butt, or “strut” instead. He’s clearly not respecting you for who you are and instead only focusing on what you offer in bed. Now, don’t get me wrong! It’s okay for a man to be physically attracted to

you, but it shouldn't be his sole focus.

There have been multiple times that I have observed a man and woman on a date, and as they're talking, he will be flirting and sending seductive messages to other ladies around them. This is often done with nothing but the magical eyes. It's essential to make sure that the man you're with only has eyes for you; he shouldn't be planning his next pick-up. If he does have wandering eyes, he may be more sexually aggressive than other men. It may seem innocent at first, but then he quickly rushes into a physical relationship that you're not ready for. When you don't give in, he'll go straight for those other women at the bar!

**Related Link:** [What Chris Pratt and Anna Faris's Goofy Red Carpet Pose Says About Their Love](#)

**His facial expressions:** If you've read my expert dating advice before, then you know I'm talking about facial expressions that include microexpressions, which happen much quicker than regular facial expressions and are more genuine and real.

Two expressions to look for are true happiness and true sadness. Be aware that he may be faking these facial expressions and emotions to trick you into sleeping with him. If he looks genuinely interested in what you are saying and falsely supplies you with the comfort you crave, enough to get you into bed...well, then, you just fell into his trap! Most likely, he was only half-listening and just knew the right time to smile and respond.

True happiness is often shown through a smile that takes up the entire face. The corners of the lips rise upward; the teeth show; and the mouth may open. Crows feet or wrinkles near the eyes form as the ocular muscles flex. Look for this expression in order to be confident that he is truly happy and not just faking it. A phony smile only happens with one part of the face, either the eyes or the mouth. Think about how you

would smile in a picture (fake smile) verses how you would smile when seeing your significant other after an extended time apart (real smile).

True sadness also uses the entire face. The corner of your lips point downwards; the chin dimples; the eyes start to lose focus; and the inner eyebrows rise upwards. When someone is really sad, tears form and fall not only from the eyes but from the nose, as they share the same passage way. When you share a sad story with him, see if he can empathize with you and if he shows signs of sadness. Obviously, let's hope for no full-force tears and snot, but if he's listening and cares about what you are saying, you'll see a definitive change in his facial expressions. It's good to have a man who is a "rock" in your relationship and love, but you also want a partner who can feel his emotions and relate to you when you are sad.

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Be aware that some men will pretend to be sad and care just to gain access into your arms. They may even use tears as a tool to manipulate your emotions and trick you into believing them and their story. You can prevent this mistake by keeping a close eye on the details. See if his story changes or he gets very angry after becoming sad.

## **Expert Dating Advice to Improve Your Relationship and Love Life**

**His salesman personality:** I have heard from so many of my friends (usually women) that "men can be so stupid sometimes." I am sure that you've had a boyfriend or guy friend say something so dumb that it caused a fight. Yet on a first date



or second date, if a man acts like a man and says something stupid, you go running for the hills. It's funny, really: In the beginning, men have to act like James Bond to gain your trust and your affection, but in reality, it is *those* guys that should have you running.

It's the case of a player versus a genuine man. Someone who is more like a salesman – always saying and doing the right thing at exactly the right time – has acted this way time and time again. Their skill level is through the roof, and you should be on guard. Either this guy has more charm than most or he has a goal to get you into bed!

So what should you look for? According to my expert dating advice, look for a man who is willing to open up. Look for someone who can act a bit goofy and is able to have fun. Look for a man who is a gentleman and knows how to treat a woman on a date. Look for something called “class,” which has been almost extinct in recent years but *does* still exist.

**Related Link:** [Sofia Vergara and Joe Manganiello Are Like High School Kids In Love](#)

Let's play a game; we'll call it “Class or Classless.” Opening the door for you? Class. Calling you beautiful when you first meet? Class. Asking you back to his place on a first date? Classless. Being too touchy-feely and invading your personal space too quickly? Classless. Looking into your eyes as you speak? Class. Looking at other woman or at your assets rather than into your eyes? Classless. Paying on a first date? Class. Giving you a good night kiss? Class.

If a man is trying too hard to sell himself to you, it's a definite red flag. It's important to note that that some men are charming and genuine, but they are easy to spot, as they are not always “on guard.” They are open and will answer any questions. They will share the good, the bad, and the challenging times in their lives. They listen and care about

what you have to say.

The salesmen will be focused on themselves and try to show-off, either with what they do or what they have. It's a thin line between confidence and cocky. Confident men don't need to talk about themselves all the time, while cocky men do. Confident men put the emphasis on the company that made the night and the building of the relationship and love; cocky men put emphasis on what *things* made the night, such as the location or the bottle of wine.

A guy who is only interested in sleeping with you will try to make you feel comfortable and make you trust him quickly. He is doing so because he knows that, once you feel comfortable with him, you are more likely to sleep with him. A man who truly likes you won't rush these emotions from you, but a man looking to only sleep with you will. You want a man who looks at you with caring eyes and leans in and who is engaged with what you are saying instead of someone who comes up with lines to make you feel comfortable and in turn trust him.

**Related Link:** [Ryan Reynolds and Blake Lively's Body Language: Confidence is Key](#)

Remember that a salesman has a designated time frame to "sell you." It can be a few hours or into the second or third date. The best defense is not sleeping with them right away. Wait it out at least four or five dates. This behavior will do three big things. First, if the man is truly into you, waiting for sex won't be that hard for him. He will just be happy you're still going out with him. Next, if the guy is looking for sex and sees that you are a "hard sell," he will go for an easier target. And third, it gives you all the power and saves you from having to deal with a creep.

Once you've considered these three non-verbal cues, be aware of the gentlemen disappearing act. Think of it like *Cinderella*: Once the clock strikes midnight, the charade is

over. He might become increasingly aggressive or repeat how beautiful you are as if that's the only English he knows. Look for slip-ups or hints of his true goal. I bet either "I had a wonderful time and would love to see you again" or "Do you want to get out of here and go to my place?" will come out of his mouth.

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## **Sofia Vergara and Joe Manganiello Are Like High School Kids In Love**





By [Jared Sais](#)

Celebrity couple Sofia Vergara and Joe Manganiello have been all the rage since they started dating last summer. Both seem to be the latest sex symbols that men and women alike gawk over. Vergara continues to steal the spotlight in *Modern Family*, while Manganiello went shirtless nine out of ten times in *True Blood*. It would seem this celebrity romance is meant to be. But does their body language agree? I share my expert love advice about the newly-engaged pair below.



Photo courtesy of Sofia Vergara's Instagram.

## The Body Language of Celebrity Couple Sofia Vergara and Joe Manganiello

In the photo above, we see the happy couple hugging and cheek to cheek. Maybe it's their play on the classic song "Cheek to Cheek," written by Irving Berlin. It is also possible that these two are so in love that both just couldn't stand for any distance between them when taking such a heartfelt picture. I think Berlin sang it perfectly: "I seem to find the happiness I seek when we're out together, dancing cheek to cheek."

**Related Link:** [Sofia Vergara Is Engaged to Joe Manganiello After Only Six Months of Dating](#)



If you've read my expert love advice before, it's very likely you know the importance of mirroring. The non-verbal cue of mirroring is one of the tell-tale signs of attraction and interest. Mirroring is simple: Copying your partner's body language or imitating their actions and/or their tone and pitch. We do this to show we have things in common or to build a liking. We tend to like others that act like ourselves and even look like ourselves. Vergara and Manganiello are doing the same pose as one another, almost as if they were directed to do this by some high school prom photographer.

Hands are one of the most used tools in non-verbal body language. If we focus just on their hands, we can get an idea of how they feel at this given time. His hands lie flat and tight on her lower back or upper butt. This is an attraction point and lets others know you are interested in them. If someone put their hand there on you, how would you feel and react? Let's say the same person put their hand on you upper back near your shoulders. Do you get the same vibe, feeling, or sensation? I bet you don't. Additionally, flat hands are a sign of trust and commitment.

Now, let's look at her hand on him. She is touching his mid-back (just a tad on the lower side) with her palm and her fingertips. This is still a loving touch; her palm is flat on his back, reciprocating the same love and trust that he is showing to her.

**Related Link:** [Sofia Vergara's Ex Nick Loeb Sneaks Up On Her at Red Carpet Event](#)

A flat palm is not always what I see couples do. In other cases, you may see someone touch with just their fingertips. Touching with the fingertips is usually a non-verbal cue that adds distance and shows less affection.

# What Their Smiles Say About This Celebrity Romance

Vergara's smile is one that shows 80 percent of her emotions. The actress is gleaming from ear to ear. Her eyes are wide in a natural way to show excitement. Her mouth shows true happiness, as her teeth are visible (mouth open). You can also see a dimple form at the end of her mouth, meaning that her cheek is in full "happy" mode and that a real smile has taken place. Her entire face is taking part in the action!

**Related Link:** [Sofia Vergara and Joe Manganiello Celebrate Thanksgiving Together](#)

The actor's smile is a bit less obvious. He is happy but is mainly smiling from his eyes. He does show some dimples, which is a sign that he's truly content and showing a real smile as well. This is a genuine photo of them, and they are showing real love.

Finally, there is no space between these two. That's a good sign. People in love tend to stay very close to each other. When I analyze couples, this is one of the first things I look for: the space between the two. In this photo, there is zero space, so if you're wondering how they feel about each other, it is easy to see they love each other very much. No space means more love and attraction.

This celebrity romance is just as cute and cheesy as the photo, and to top it off, we can give them the name "SoJo" to put the cherry on top of the cheesecake.

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# What Chris Pratt and Anna Faris's Goofy Red Carpet Pose Says About Their Love



By [Jared Sais](#)

So often we see celebrity couples get stuck in the “properness” of what they should look like when walking down a red carpet. How one should act, pose, smile, and stand all help the viewer (you) determine who the couple is in public as well as in private. Luckily, at a recent iHeartRadio event, Chris Pratt and Anna Faris broke the standard rules and give us a real glimpse into their relationship.

In the picture above, we see the adorable pair truly enjoying each other's company. First of all, anyone will tell you that, if a girl can laugh at her partner as he acts like a goof, then she's a keeper. From this photo, you can see how they're both joyful, loving, and non-judgmental.

**Related Link:** [Anna Faris And Chris Pratt Welcome Child](#)

Let's first focus on Faris's face: It's a combination of surprise and a happy, playful smile. The mouth tells me this pose wasn't planned to be cute for the camera, as it is a genuinely shocked expression. As you can see, her mouth is in a slightly off "O" shape due to the combination of a surprise emotion and a smile of happiness. When feeling the excitement of shock, the mouth goes into an "O" shape as your eyes widen and your eyebrows shoot upwards. Though, in this case, with the addition of joy, her eyes are a bit less open, and her outer lips of her smile a bit more raised.

One of the main non-verbal cues that jump out at me is the *Mom* star's nose. Some people will mistakenly see a wrinkled nose as disgust, but when paired with a smile, it is a well-known sign of playfulness and lust.

If we now focus on her hands, it looks like the shock of Pratt's sudden love outburst made the actress have a sudden need to do a non-verbal cue called a self-touch gesture. This gesture is a subconscious or auto-response to curb stress, induce the sense of comfort, or reassure oneself in times of anxiety or excitement. I am not saying Faris was scared; rather, she was startled in a good way, which can stimulate the same response.

Now, let's switch our gaze to Pratt. He is defiantly posing for the photo but doing so in the most loving and goofy way. This is important to know, as he is allowing himself to be silly and free. If he can be himself in front of the camera and have her play along, then in a sense, it's a

telling sign that their connection is the real deal.

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Notice Pratt's hands in a double-hand grasp around his wife's waist. This is a very strong non-verbal gesture of love and, in some cases, dominance; I believe that the gesture is one of love in this picture. Also, such a tight grasp is telling of their relationship because, when people truly love each other, they are more comfortable in their close proxemics with their loved ones. The more love you share, the closer you are together; the less love, the farther you are apart. It's as easy as that!

Lastly, the *Guardians of the Galaxy* actor's lip pucker is a cute, fun gesture to solidify his emotions towards Faris. The lip pucker is known to be the non-verbal cue of love and the beginning of a romantic kiss. For this celebrity couple, I foresee a long, loving relationship that will last.

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## **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.

**Related Link:** [John Legend is Engaged to Model Girlfriend Chrissy Teigen](#)

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.

**Related Link:** [Celebrity Couple Predictions: Chrissy Teigen, Jessica Alba, and Eve](#)

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.

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## Ryan Reynolds and Blake Lively's Body Language: Confidence is Key





By [Jared Sais](#)

Ryan Reynolds and Blake Lively are one of Hollywood's golden couples, so I thought it'd be fun to look at their body language and see what it reveals about the pair.

**Photo 1 (above):** Here, the *Gossip Girl* star looks confident. She is standing straight with her head held high and wearing somewhat of a smile, one that looks like a facial expression of contempt. Contempt, in this case, is shown because Lively feels morally superior and empowered by her looks and environment. You can see the unilateral facial expression with a corner of her lip raised. In this particular moment, she feels true power. It also may help that her husband is some good-looking arm candy!

**Related Link:** [Find Out About Ryan Reynolds and Blake Lively's Life Before Marriage](#)

Speaking of Reynolds, he is holding his wife close as he does the typical hand-in-the-pocket stance. Usually, I like to stay away from keeping my hand in my pocket, as it can be seen as

closed off. The best thing to do is just rest your arm to your side as he does in Photo 4.

**Photo 2:** Lively is demonstrating a held tilt, which can be seen as endearing, sweet, and vulnerable. Combined with her smile, which is a bit pinched and stretched towards her ears, it indicates that the actress is feeling shy and fearful. Seeing that Reynolds isn't in this photo with her, she could be feeling a bit overwhelmed. I've seen the actress in many photos before, and she typically has her hair down and is a bit more, well, lively. But in this photo, with her hair is up, she appears stiff, which adds to the fact that's she's feeling scared and helpless.

**Related Link:** [Blake Lively and Ryan Reynolds Take a Mini-Honeymoon in Virginia](#)

**Photo 3 and Photo 4:** In Photo 3, the beautiful blonde is showing a fake smile. As you can see, there is a lot of movement in the mouth region but nowhere else. Usually, a real smile includes the eyes, cheeks, *and* mouth. We can spot her real smile in Photo 4.

In Photo 3, we see Lively's hands on her hips; some call this pose the Superwoman or Wonder Woman pose. It's a way to demonstrate dominance, strength, and being in control. In many cases, it's a great way to seem confident without actually being confident. Sometimes, faking confidence works just as well as actually having it! By looking at these photos, you can see that the actress is self-assured but also shy, and this strong pose counteracts her shyness.

*[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.*



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# Emma Stone and Andrew Garfield's Body Language: In Love or Stressed Out?



By [Jared Sais](#)

On April 10th, at the World Premiere of *The Amazing Spider-Man 2* in London, Emma Stone and Andrew Garfield's body language didn't exactly scream love – proving that even Hollywood's cutest couple can feel the strain of a long work day. The two met while filming *The Amazing Spider-Man* in 2010, and since then, they have become one of the most buzzed about celebrity couples. They've been known to gush about each other during

interviews, but the lovebirds were strictly business on the red carpet.

**Photo 1 (from left to right above):** In this photo, Stone and Garfield are facing each other and looking deeply into each other's eyes. Her eyes are shut more tightly, and her dimples are more defined and closer together. These signs indicate that she is feeling playful and carefree as opposed to a forced, red carpet smile. His expression mirrors her affection because it is lighter and more romantic in nature.

Although Stone's eyes and dimples say playful, her and Garfield's upper bodies are telling a different story. Her hand touching her dress is a self-touch gesture, which is usually used to comfort oneself in high stress situations. This touch can come in the form of simply rubbing or playing with one's own clothing or body parts. In this case, we see the actress use her dress as the non-verbal cue that she's stressed out. This snapshot indicates that, while they may be absolutely in love with each other away from the cameras, at this moment, their affection seems more like a strategically posed photo.

**Related Link:** [Celebrity Couples: What True Love Looks Like](#)

The final and most useful cue to identifying Stone and Garfield's true emotions is by looking at their feet. Your feet point to the direction you want to go. If you're interested in someone, your feet will be pointed in their direction; if not, then your feet will be pointed away. Stone's feet are pointed straight in front of her, not toward her beau. Similarly, his feet are also pointing away from Stone. But I think this speaks more for the situation than it does the state of their relationship. Their bodies and faces may be in photo shoot mode, but their feet are ready to get inside, away from the cameras.

**Photo 2:** Here, their lack of enthusiasm is more evident. Stone

is giving a standard glamour photo smirk. Her smile isn't genuine because it's missing ocular muscle movement, also known as crow's feet or smile lines. When people truly smile, their eyes and mouth both move to form a distinct facial expression. Because Stone and Garfield are smiling only with their mouths, this means that they are smiling purely for the cameras.

Stone has her head tilted away from Garfield, which is a bit odd because couples usually tend to gravitate towards one another. If you covered up either Stone or Garfield in the photo, it would seem like they were alone on the red carpet. When a couple is being photographed together, they usually pose as one unit, which isn't what I see here. However, this could be the 30th photo taken of them, and they most likely just want to mix it up when it comes to posing.

**Related Link:** [Celebrity Couples Who Met on Set](#)

As we saw in photo 1, Stone is still rubbing her dress with her hand, and Garfield continues to have his hand in his pocket. Both gestures indicate that they are trying to bring down their stress levels.

The actor is also holding his girlfriend pretty tightly. Combined with his "bad boy" facial expression, this body language tells me that he is establishing his dominance. Your state of mind can trigger your entire body to follow suit. In this case, he is portraying high confidence and a rebel persona, which is leaking into his body language and how he holds the actress in his arms.

Despite the visible signs of stress, how do I know that Stone and Garfield are still in love? In both photos, we can see that they're mirroring each other's body language, which is a strong indicator of affection. From their gestures of destressing to the direction of their upper bodies and feet, the similarities in their poses show that these two are like-

mindful and compatible. Stone-Garfield fans can breathe a sigh of relief!

*[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.*

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## **Did Robin Thicke and Paula Patton's Body Language Indicate A Split Was Coming?**





By [Jared Sais](#)

By now, we've all heard the news that power couple Robin Thicke and Paula Patton split after nearly a decade of marriage. The high school sweethearts appeared happy and in love on red carpets and at award shows in the past few months, so their separation announcement came as a surprise for many. So I can't help but wonder: Did we all miss the signs that their breakup was imminent? With this thought in mind, I took a look at three recent photos of the couple and analyzed their body language:

**Photo 1 (from left to right above):** In this picture, we see the couple at the 56th Annual Grammy Awards on January 26, 2014. Thicke is still wearing his wedding ring, but their non-verbal cues say more than a piece of jewelry ever could. Both the stars are walking this red carpet as if they're single already. If you cover up one of the them, you'll see they're posing separately. When two people are in love, they become a unit when taking a photo, and that's not the case here.

Additionally, if we take a look at Thicke, we can see that



he's a bit stiff: His shoulders are squared off, and he's facing the opposite way of Patton, showing that the couple are not in sync.

Looking forward a bit, you'll notice that Patton has the same stance in all three photos. She's got one hand on her hip (which conveys dominance) and is facing the camera. Girls often do this pose, with either one or both hands, to make themselves stand out more in the photos. Think of it like the Superman – or Superwoman – pose of power. Some girls also do this stance because they don't know what else to do with their hands. Either way, it's so culturally expected that it's now done subconsciously.

**Related Link:** [Robin Thicke Takes Son to Disneyland Before Split with Wife](#)

**Photo 2:** Here, the couple is at the Clive Davis and Recording Academy's Pre-Grammys Party on January 25, 2014. Both Thicke and Patton look very comfortable together, and she's genuinely smiling this time. As you may recall from my previous posts, the following signs indicate a real smile: The corner of her lips are raised; her teeth are showing; there's wrinkling at the corner of her eyes (called crow's feet); and she has puffed cheeks.

But one thing is still missing. Although the couple *look* like they're mirroring each other's body language (a sign of flirting and interest) with their faces, their bodies don't follow suit. For instance, there should be some sort of touching with their outside hands. Instead, we see Patton's typical hand on her hip and Thicke's hand in his pocket. This lack of touch tells me that, while she may be laughing and he might be leaning in, things are still not the same between them.

On the other hand, it also tells me that there's still attraction between them. Thicke is indicating that he wants to

get close to Patton both emotionally and physically, which makes sense seeing as he's publicly tried to win Patton's heart back in the past week or so.

**Related Link:** [Celebrity Couple Predictions: Paula Patton, Miley Cyrus and Catherine Zeta-Jones](#)

**Photo 3:** Both the singer and actress were rocking their typical poses at the *Baggage Claim* premiere on September 25, 2013. This photo is more generic than the previous two though; they're just posing for the cameras. The only thing worth noting is that Patton's head is tilted towards Thicke, which is a sign of affection.

I think it's a bit ironic that they're posing in front of a sign for the film, as both of them have some baggage that they need to claim. Based on these three photos, I can tell you that Thicke is still very much in love with Patton (a feeling that he's confirmed) and that Patton is still in love with Thicke. I believe that they'll get back together, but I am sure that Patton will create some guidelines (like no more twerking with Miley Cyrus).

If I could wrap up their relationship in two sentences, I'd say: Thicke was famous first; he found fame and then let the fame go to his head. Reality quickly set in though, and now he understands that being famous can't give you the same thing as love.

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# Celebrity Couples: What True Love Looks Like



By Jared Sais

The start of a new year gives everyone a renewed sense of hope, and with this thought in mind, I decided to consider three celebrity couples who are happy in love.

**Amanda Seyfried and Justin Long:** These lovebirds have become a paparazzi favorite lately. In many photos, the couple appears surprised at their picture being taken. You'll see their eyebrows and eyes raised and their mouths just a bit open. Note that surprise is one of the seven micro-expressions that people make to indicate an emotion.

In another recent photo, we see the actress leaning towards

her man, either for a kiss or to whisper something to him. This behavior shows how comfortable they are with each other. When people feel comfortable, they tend to get even closer into your “personal space bubble.” It’s an easy way to identify if two people are dating or just really close friends.

**Related Link:** [Amanda Seyfried and Justin Long Bond Over Her Dog](#)

As a side note, when flirting, if you’re talking to someone you’re interested in, whisper something every once in a while so the person has to lean in to hear you. It’s a great trick for getting closer and making a move.

Notice Seyfried’s eyes in many photos of the couple. They’re often locked on Justin’s lips; this is what desire looks like. As she gives a slight grin and looks at her man’s wanderlust smile, there is nothing but attraction and lustfully gazing eyes. Likewise, the actor has a very loving smile with deep eye contact, which tells me he is very romantically invested in the blonde beauty.

You can also see the lack of space between them in the photo above and other photos, which indicates a romantic relationship or at least a very close trusting relationship.

**Drew Barrymore and Will Kopelman:** We have something special here: best friends *and* lovers. They have a dynamic that many couples strive for. You can tell they are truly happy in many of their photos; the facial expression of smiling is categorized as high cheeks, crows feet in the corners of the eyes, and raised outer corners of the lips. Sometimes, this body language is easier to see in photos than in live action. But knowing the difference between a true smile and a fake smile can make the difference between catching someone in a lie or knowing if your partner is truly interested in you.

When people are comfortable with someone, they usually talk

with the cup in their hands; put the cup down and continue to use their hands in a conversation; or put the cup to the side of their body. In a picture of Barrymore and Kopelman at a sporting event, we see the actress talking with her cup in her hands, showing us that she's very comfortable in her husband's presence. She also leans in towards him, putting her weight on him – another sign of trust and love.

**Related Link:** [Drew Barrymore Goes Public with Second Pregnancy](#)

**Heidi Klum and Martin Kirsten:** You'll often see this pair walking at the same pace with locked hands or their arms around each other. This body language is considered mirroring each other, and all signs tell you that their relationship is going strong. They are a very real couple; they run together and share that interest. There's nothing better than an early run and coffee in the morning with your loved one.

Listen up, guys: Real man wear pink or hold their woman's purse. Yes, Kirsten often holds his girlfriend's purse, showing us what a gentleman he is. He is confident with himself and their relationship. Plus, it reveals just how close they are as a couple.

**Author's Note:** If you're looking for more in-depth non-verbal tricks, I will be holding a class in the New York City area. The class focuses on everything non-verbal, including confidence building, how to become a better flirter, how to spot flirting that is directed your way, how to find quality men/woman, fashion tips and tricks, and etiquette coaching. Please email me at [jaredsais@gmail.com](mailto:jaredsais@gmail.com) for more information and to sign up. Tickets are going fast, and there is a 20-person limit! See you there.

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love.

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# What Your Halloween Costume Says About You



By [Jared Sais](#)

Halloween: To some, it's a day of fear and horror; to others, it's a day to trick or treat; and to even more, it's a day to dress up and just have fun. Since this special celebration is upon us next week, I wanted to analyze what your costume choice says about you, so below, I looked at eight popular outfits. Proceed with caution; after all, sometimes, the truth

is the scariest part.

**1. Black cat (or other animals):** It's no secret that you're playful and fun to be around. You're also the alpha in your group of friends and can be a bit controlling, though it's only because you know what you like and what works best for you. You can be reserved and tough on the outside, but you're very vulnerable, caring, and sweet on the inside. You're intuitive by nature and pick up on the vibes of other people – it's like your sixth sense. Finally, you're passionate and tend to see the world as me versus them.

When it comes to love, you need someone who is just as playful as you. You want a boyfriend or girlfriend who has a sense of humor but can be serious when necessary, someone who can take control. For you, the chase is just as fun as being in a relationship.

**Your best costume matches include:** a police officer, firefighter, hero, or royalty.

**Related Link:** [Our Favorite Celebrity Couple Halloween Costumes](#)

**2. Royalty, including an evil queen:** You know your worth when it comes to love and friendship. You're good at keeping yourself organized, and you're very charming. Even though you're always willing to help others, people tend to want to help you just as much. You're gentle and elegant. Plus, you have a wonderful sense of style. You have many admirers – not only in love but also at the workplace. You also strive for greatness, and your effort is usually unmatched.

You need a man that not only treats you like a princess but also keeps you grounded (because, let's face it, sometimes, your ego can get out of control). The only way for you to really be happy is to be spoiled every day, which isn't a bad thing. You also need someone who matches your high intellect level and someone who can take control when you don't want to.

You walk the walk and talk the talk, and your partner needs to fit the role just as much as you do.

**Your best costume matches include:** royalty, a hero, or a black cat.

**3. Police officer and firefighter:** You have a fire in your eyes. You're strong, caring and sometimes overconfident. You're extremely protective of your friends and family, and you won't let anything happen to them. Sometimes, you even put your loved ones before yourself. You're demanding of others but can phrase your thoughts and words in a strategic manner to make sure you don't hurt anybody's feelings. You're also sensual and have high moral standards.

For you, it's important that your partner is just as passionate as you. Things can get hot and steamy when you find the right person. Sometimes, though, too much of this passion can backfire, and arguments can form.

**Your best costume matches include:** a police officer, firefighter, someone in the military, a vampire, a hero, or any other costume that represents power and authority.

**4. Native American or Eskimo:** You're sensitive, caring, and calm. When you truly want something, you go after it, working day in and out to reach your goal. You're very selective of who's in your life, and the people within your circle are more like family than friends. You can sometimes be too controlling of yourself and your emotions, but you're very in touch with your sensitive side.

Your perfect relationship is with someone you can count on and respect, someone you know will remain loyal to you. Your love needs to be in touch with himself and his feelings. Because of your personality, you have the chance to have one of the most meaningful and passionate relationships out there.

**Your best costume matches include:** a 60's flower child, DIY

outfit, or a vampire.

**5. Burlesque dancer, Geisha or vampire:** Sexy is your middle name! You're very aware of your own body and know what looks good on you. Plus, you're confident, ambitious, and passionate. You encourage others to follow your lead, and men are constantly noticing you. You're more dominant than most people, and you want a partner who will take care of you for a change. Still, you're a planner: You're the one who usually takes action or makes plans for your friends.

Passionate, sensual, and sincere – these are the three main characteristics you want in a lover. You have a strong understanding of who you are; what matters to you is finding a partner in crime. It's okay if they don't know exactly what they want, just as long as they're willing to figure it out. You like someone who can be dominant one day and give you power the next day. It's also important that your significant other is powerful and sexual.

**Your best costume matches include:** a vampire or hero costume.

**6. 60's flower child:** The Woodstock generation paved the way for one of the most iconic times in American history. Though we live in 2013, it seems like the 60's never go out of style. The music still echoes throughout the bars, clubs, and malls, and on this holiday, the costume of choice for many folks is hippy gear. Your parents may have been hippies and taught you an appreciation of the culture. You're laid back, and people like to be with you because of your relaxing vibe. You're a free spirit who loves the thrill of life. You have spunk and don't always play by the rules. You know life is fun, and there is no better day than Halloween to live it up!

Your best match is sensitive, caring, and sweet. You need someone you can bring home to your family but who is still dangerous and thrilling. You want a partner who enjoys life and doesn't always follow the rules. Your significant other is

your best friend, and you're okay with spending most of your time with this person. Most importantly, they need to be open to new adventures.

**Your best costume matches include:** a Native American, Eskimo, 60's flower child, or hippy, as there should be humbleness and earth colors in the outfit.

**Related Link:** [Best Celebrity Couple Costumes for Halloween](#)

**7. Hero:** Whether you're Wonder Woman, Mario or Zelda, if you're portraying a hero, your personality is one of strong character. You're the first to take action; you're an outgoing leader, and you never shy away from expressing your feelings. You believe that love conquers all, that good always prevails over evil, and happy endings do come true.

You need a hopeless romantic or a daydreamer who embraces the magic of life just like you. You want to take over the world, and though you don't need a partner to do it, it's much better with someone by your side. Your significant other should be your rock, someone you can rely on when life gets tough.

**Your best costume matches include:** anything that relates to fantasy and heroics, like another hero, royalty, black cat, or vampire.

**8. DIY:** Do-it-yourself costumes can come in all prices – from a quick trip to the dollar store to a full-on makeover. I've seen a girl become a very sexy Sriracha hot sauce by wearing a red shirt with a Rooster taped on it and rolling up a green piece of paper into a cone shape and placing it on her head. If you're a DIY guy or gal, you like to take things into your own hands. You're extremely crafty and don't mind taking the time to put your skills the test. You have a fun personality and want people to respect the work you put into making your creativity come to life.

Your creative ability is priceless, and your perfect match is



someone who has his own creative spark but can also be your muse. You need someone who lets your dreams take form; instead of bringing you back to reality, they help you soar higher than the birds. Most important, they inspire you.

**Your best costume matches include:** a DIY costume like you or someone dressed as a hero, vampire, hippy, or Native American.

**Tell us about your favorite partner costumes in the comments below!**

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## Bachelorette 9, Episode 8: Meeting the Families



By [Jared Sais](#)

This week's episode of [The Bachelorette](#) hit close to home...literally. Desiree toured the country, visiting all of the guys' hometowns and meeting their families. She seemed to take this opportunity to reaffirm how she feels about each contestant, and luckily, each family was welcoming to her.

Her only somewhat-negative experience was with Zak's family, as they may have come across to her as a bit campy. She made an "aw face" while they were singing to her, which is characterized by:

- Raising the inner corner of the eyebrows
- Lowering the outer corners of the mouth
- Swelling of the lips
- Occasionally tilt of the head

It can seem like a look of sadness, but it's really more akin to the expression someone makes when looking at a cute dog or baby. This non-verbal cue could mean that Des was genuinely touched by the gesture, or she could've been trying to be nice. It could also have been a look of pity. It didn't matter in the long run, though, since she sent Zak packing at the end of the episode.

**Related Link:** [Bachelorette 9, Episode 7: Confession in Madeira](#)

Ultimately, though, I believe that all Desiree wanted was proof that Drew's family is fun and loving, which she definitely got. She made it clear last week that she's made up her mind about who she's going to choose, and to me, the hometown dates only confirmed that fact.

This episode, perhaps more than any other episode of *The Bachelorette*, is applicable to our own lives. When you meet

your significant's other's family, how do you think they feel about you? Here are some cues to consider.

### **Signs That Your Partner's Family Likes You**

- **They give you real hugs.** Real hugs are tight and last a long time. If it concludes with the rubbing of the back of your neck, you know it's a real hug.
- **Their smiles are genuine.** When someone offers you a genuine smile, crow's feet appear in the corner of the eyes, the cheeks are pushed up and the corner of the lips rise.
- **They stay close to you.** Family members will sit next to you and position you in the middle of the group. They invite you into their personal space, which is less than four feet from them according to Edward T. Hall.
- **They want to get to know you.** They ask you about your interests, your likes and your dislikes.
- **They invite you to future events.** Such invitations are a clear indication that they like you and want to see you more.
- **They're eager to serve you food and beverages.** People who like you want to make sure you're taken care of and happy.
- **The ex isn't mentioned.** They rarely discuss your partner's ex, and when they do, it's to comment on your superiority.
- **They give thorough answers to your questions.** People who like you will take their time in responding to you. They may even seem to ramble when they tell stories because they enjoy your company and want to maximize the amount of time that they spend with you. Tedious as it can be, try to think of it as a type of initiation.
- **You're a part of family stories.** They start telling anecdotes about things that occurred while you were in their company, which really indicates that they consider you to be

“one of them.”

- **They treat you as a member of the family.** If your significant other’s mother or father asks you to set the table or perform a different household chore, it’s another indication that they view you as a member of the family.
- **They offer compliments.** Take it as a good sign that your partner’s family showers you with praise.
- **You feel wanted.** Trust your gut. Stay attuned to the vibes – good or bad – that you pick up.
- **They stretch out their goodbyes.** It’s hard to say goodbye to people you like or love. When leaving your partner’s family, look for signs of sadness. For example, their voices might lower. They might also give you multiple hugs and kisses.

**Related Link:** [Bachelorette 9, Episode 6: Drama in Barcelona](#)

### **Signs That the Family Doesn’t Like You**

- **They give you fake hugs.** When someone gives a fake hug, their butt is pointed out. The hug is quick and may consist of only a single or double tap on the back.
- **Their smiles aren’t sincere.** Fake smiles only engage the lower half of the face. There is a total lack of eye movement.
- **They keep their distance.** They maintain space between themselves and you. Perhaps they scoot their seats away from you, lean back in their chair, choose a seat that’s far away from you or find tasks to perform to avoid speaking to you.
- **They’re uninterested.** They don’t ask you questions about yourself or perhaps they simply exclude you from the conversation.
- **They exclude you from family events.** You notice that they never include you in their plans for family activities.

- **They glorify your partner's ex.** They speak very highly about your partner's previous relationships yet never compliment you.
- **They're not conversational.** They offer short responses to your questions.
- **They're reluctant to compliment you.** They rarely say nice things about you.
- **They have private conversations.** They often take your partner aside to have private conversations that are most likely about you.
- **It's impacting your partner negatively.** Notice your partner's mood. If they seem upset or angry, it may be because they are frustrated by having to defend you to their family.
- **Your partner emphasizes your strengths.** If your significant other starts describing you as the funniest, most brilliant person in the world, it's probably his attempt to ingratiate you to his family.
- **They say an unemotional goodbye.** When you leave them, they use casual phrases like "take care" or "see ya." They may also say goodbye in a silly or high-pitched tone.

Meeting the family can be a daunting next step in your relationship. With these non-verbal and verbal signs in mind, however, you can determine how they feel about you and respond accordingly. Good luck!

**After watching this week's episode of *The Bachelorette*, how do you think meeting the families will impact Desiree's final decision?**

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# Bachelorette 9, Episode 7: Confession in Madeira



By [Jared Sais](#)

As the ninth season edges closer to its finale, Desiree opens up about her true feelings. Read on to find out who I think will ultimately win her heart...

**Related Link:** [Bachelorette 9, Episode 6: Drama in Barcelona](#)

## **One-on-One Date with Brooks**

Desiree and Brooks certainly have a lot to talk about! They tend to get so engrossed in conversation with each other that they block out the rest of the world – a significant sign of compatibility. Their non-verbal communication is equally

telling. Their body language mirrored each other as they chatted, something found in couples who are truly in love. Furthermore, when Desiree discussed her feelings for Brooks, she nodded to confirm what she was saying. If she had been lying, she would have shaken her head “no” when she said that she was “at the finish line.”

They are a perfect couple, and it’s clear that Brooks is going to be the winner. The best indication of that is the contrast between her interaction with Brooks and her interaction with the others guys. When she’s with Brooks, her smiles last longer, and her eyes widen more. Plus, she goes in for kisses more frequently.

### **One-on-One Date with Chris**

It looks like Chris is going to be the runner-up. The bachelorette definitely cares about the Oregon native. She was truly touched by his poetry and is attracted to his blatant masculinity. They have some chemistry, but there’s still something missing. Desiree doesn’t latch onto Chris the way she does to Brooks. She kisses Chris the way one would kiss a best friend rather than a lover. It’s no secret that Chris is more interested in the brunette than she is in him. If Brooks weren’t on the show, though, I think Chris would be the winner.

On a scale of one to ten (one being friendship, ten being love), Brooks comes in at nine, and Chris ranks at seven. Brooks is in the lead, but the score is extremely close. Things could change drastically when Des meets their families next week.

### **Two-on-One Date with Drew and Zak**

I thought from the beginning of this date that whoever wins the go-kart race will get a rose – either on the date or at the rose ceremony. Desiree isn’t likely to decide who stays and who goes based on looks but by personal connection. Drew

lacks confidence and kept looking downward during their time together. There is something about him that I find very off-putting. Based on the beauty's unenthusiastic reaction, I doubt that either of them will come close to beating the front runners.

**Related Link:** [Bachelorette 9, Episode 5: Finding Love in Germany](#)

## Ranking

My order remains: Brooks, Chris, Zak and Drew. These last two could easily be switched, but I listed Drew last because I feel that his intangible "off" quality will impact Desiree's decision.

What do you think about our expert's predictions? Share your thoughts in the comments below!

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# Bachelorette 9, Episode 6: Drama in Barcelona





By [Jared Sais](#)

This week's episode of [The Bachelorette](#) was certainly eventful! James' off-camera comments cast suspicion on his motivations for being on the show and his true feelings for Desiree, causing emotions to run high and loyalties to be questioned. Here we go...

**Related Link:** [Bachelorette 9, Episode 5: Finding Love In Germany](#)

### **Drew's One-on-One Date**

The constant kissing was cute at first, but after a while, it just started getting tedious. That said, there's a noticeable contrast between the first kiss that Drew and Des shared (at the start of their date) and their kiss when he stole the bachelorette away from dinner. The first one lacked intimacy, while the other one was very passionate. At first, it almost seemed as if Drew was kissing Desiree in order to prove his worth as a contestant, making me think that he doesn't really like her as much as he wants to let on.

However, I love that he waited to get the rose before talking about James – it was a smart move.

## **Drama with James**

James caused a lot of trouble when he pointed out that if he makes it to the top four, he'll have a chance to be the next [Bachelor](#). Although he made this comment during a private conversation off-camera and didn't expect for Casey and Drew to expose his true intentions, there was still some dishonesty and covering up on his part. Ultimately, though, I don't think that he's a bad person; I think his words were taken out of context.

Even so, James did exhibit a lot of signs associated with lying when he was explaining to Desiree what he actually said during that controversial conversation. The following non-verbal cues could indicate that he wasn't being truthful:

- He kept his hands in his pockets, suggesting that he was defensive.
- He took long pauses.
- He was overly argumentative.
- He stood up and behaved like a bully.
- He licked his lips before speaking. When you lie, your mouth gets very dry because lying puts a lot of stress on the body.
- He said, "No, ma'am," which suggests that he was trying to further the distance between himself and the story he was telling. Hearing James say this phrase to Desiree set off my alarm and hinted that, perhaps, he really *did* say something detrimental during that private conversation.

To be fair, though, James also exhibited some non-verbal communication that indicated honesty, including:

- Bulges formed on top of his inner eyebrows as he was speaking, which is an indication of true sadness. He was truly contrite about the situation.
- He didn't use too much eye contact. Often, experienced liars



will maintain eye contact in order to see if the person they are speaking to believes them. His steady eye contact suggested that he was truly apologetic.

**Related Link:** [Bachelorette 9, Episode 4: Atlantic City](#)

Now that I have thoroughly analyzed James' non-verbal cues, I can say that, regardless of his true feelings for Desiree, he would make an excellent salesman. His last conversation with Desiree was, essentially, a sales pitch to keep himself on the show. He played it perfectly – although I believe that about 85 percent of what he said was a lie. I have to credit him for his perspective: if he doesn't end up marrying Desiree, he could very well end up as the next bachelor.

On another note, the rest of the guys are trying to pass themselves off as a bunch of goody two-shoes. Their thoughts may only be on Desiree, but that isn't practical; after all, only one of them will end up winning her heart. They don't have the same realistic expectations as James, but with that said, just because James is logical doesn't mean that he's honest.

Additionally, I think that the guys' argument that "if you love Desiree, you won't think about any other girl" is unfair. I agree that if you love someone, you shouldn't be thinking about anyone else, but I think it's wrong for these men to be applying their own emotions to James. Maybe he just isn't in love with the brunette beauty just yet.

Stay tuned for next week's romantic dates in Madeira!

**What do you think about Desiree's remaining guys? Share your thoughts in the comments below!**

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# Bachelorette 9, Episode 5: Finding Love in Germany



By Jared Sais

Things got intense in this week's episode of [The Bachelorette](#)! Get the skinny on what was really going on in the minds of the [bachelors](#) as passions became more apparent and rivalries heated up.

**Related Link:** [Bachelorette 9, Episode 4: Atlantic City](#)

## Chris' One-on-One Date

There's no doubt about it: Chris is head over heels for Desiree. Even if you missed him saying that he was falling "slowly but surely" in love, there were plenty of non-verbal

signs that he's into her. His eyes widen when he sees her; his smile stretches from ear to ear; and when his voice lowers into a whisper and his eyes lose focus, you can tell that he's thinking only of her. Smiling with a wrinkled nose is another indication of playfulness. Other cues of trust and affection to look for include: leaning in close to one another, cuddling, nuzzling against the chest or shoulder, the ability to act goofy and maintaining eye contact.

The Oregon native clearly loves Desiree, and the bubbly brunette is into him too. When she kissed him, she put both of her hands behind his head and – almost forcefully – pulled him towards her. It was very passionate and sexual non-verbal communication. It looks to me like Des might already like Chris more than she ever liked Sean Lowe on last season's *The Bachelor*. But is it love? I'm not sure yet.

It's important to note that she got a bit tipsy during dinner. She tripped; her speech slowed; and her pupils were dilated. It seems like she gets emotional when she's drunk, and she showed micro-expressions of sadness throughout the date.

### **Bryden's Exit**

It turns out that my instincts about Bryden were spot on – almost. In my Quote Me Now article, I mentioned that his non-verbal cues suggested that he was trying to distance himself from the bachelorette. While my suspicion that he had a girlfriend back home proved incorrect, Bryden did leave the show. Oh well. Goodbye and good luck, Bryden!

### **Group Date**

Brooks definitely stood out the most on the group date. These two hugged and kissed as if they were magnetically attracted to each other. As they kissed, Des grabbed the arm of his jacket, suggesting that she truly missed him and wanted to be with him again. There were some serious fireworks between them! Though she has definite chemistry with Chris, her

reaction to Brooks is much stronger.

**Related Link:** [The Bachelorette 9, Episode 3, Dangerous Dodgeball Date](#)

### **Two-on-One Date**

This date with Michael, Ben and Desiree was certainly a spectacle. The two men were battling for the bachelorette the only way that men know how: by trying to prove their dominance. Their attempts backfired though, as their target was clearly uncomfortable. During the date, both men were pinching their lips, and Michael even made a fist at one point, a very strong indication of anger. He was ready to hit Ben (no surprise there – he's made his feelings about the single dad very apparent). I thought the funniest part of the date, though, was seeing Des drinking to avoid having to speak. The date turned out to be more about the guys than about star of the show.

At one point, the bridal stylist leaned back in her chair to give them space to duel it out. Her body position was very expressive. When people are attracted to someone, their bodies usually tilt *towards* the individual. Desiree, however, kept her shoulders, body and feet pointed straight ahead and didn't lean towards either man, suggesting that she's not interested in either of them.

Overall, this was a disastrous date. Honestly, it didn't matter who got the rose at the end of the night – neither of guys will be end up with her heart.

Join me next week to further analyze the non-verbal communication between Desiree and her men as the competition grows more intense and the number of contestants continues to dwindle.

**Let me know your thoughts on the men so far and who you think will be Desiree's future husband!**

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# Bachelorette 9, Episode 4: Atlantic City



By [Jared Sais](#)

Now that season 9 of [The Bachelorette](#) is well underway, some of the contestants' true natures are coming out. Furthermore, we're learning that Des doesn't necessarily see a future with a guy just because they share one romantic date together. So let's get started...

**Related Link:** [Bachelorette 9, Episode 1: The Animal Kingdom](#)

**Brad's One-on-One Date**



Desiree emphasized the word “great” when she was describing her day with Brad, saying, “We are having a *great* time.” This emphasis indicates sincerity – she really did have a blast with him. Think about when you’re describing a delicious meal to someone. You emphasize the adjectives. For example, you might say, “I just had the most *amazing* sushi. So *fresh*! You have to try it.” It’s an easy way to decipher someone’s true opinion.

However, just because the bachelorette said that they had a “great time” doesn’t mean that she felt any chemistry. You don’t have to be a body language expert to know that this date wasn’t going well for Brad. Even so, let’s analyze the most common nonverbal indications of discomfort that Desiree and Brad exhibited during dinner:

- Silence and long pauses
- Nervous laughs
- Concentration on food or other objects
- Short conversations and abrupt endings
- Awkward looks with rolled eyes and pinched lips with a forced smile
- Lack of eye contact

It’s no surprise that this single dad didn’t receive a rose at the end of the night.

## **Group Date**

Now on to the Bachelorette Mr. America Pageant! Only one person with actual talent managed to make Des blush, and that was Zak W. with his guitar and sweet lyrics. All of the other men tried their best but ended up treating the talent competition as more of a joke. Though Zak didn’t win the competition with his song, his performance was the one that

stood out the most to me. I always say that, in the dating world, it's important to stand out by taking a creative approach. If you play the game the same as everyone else, you'll blend in. If you're brave enough to express your individuality – like Zak W. was – then you'll win the heart and mind of that special someone.

Chris also had a successful week, solidifying my confidence that he'll make it to the top five.

Let's take a look at Bryden's body language too. In my [Quote Me Now](#) article, I said that he was "not feeling" Desiree. Sure enough, in this week's episode, Bryden came out and admitted that he wasn't into the brunette beauty as much as he wanted to be at this point in the show. I think Bryden will leave soon, and I still get the feeling that he isn't there for the right reasons. There was one non-verbal cue in particular that proves my prediction correct: During the rose ceremony, when Desiree called his name, Bryden showed shame by lowering his head. Even more interesting was when Bryden gave her the "I got you" look, which is given when someone either lies or manipulates another person and gets away with it. In short, he is manipulating Desiree and isn't who he claims to be. A big warning to Desiree: stay away from Bryden!

**Related Link:** [Bachelorette 9, Episode 3: Dangerous Dodgeball Date](#)

### **James' One-on-One Date**

James definitely likes our leading lady more than she likes him, but they still had a solid date. I didn't see any sparks fly when he received the rose, and even though Desiree leaned for the kiss, there was no passion in it for either of them. I don't see James making it too much longer. He's a good guy, but he has no real connection with Desiree.

This week's episode was certainly an eventful one! Here's my current top five with one slot still open: number one is

Brooks, number two is Chris, number three is Zak W. and number four is Drew. What will happen next is a mystery, but I'm already excited to see if my predictions are proven correct when the gang heads to Germany next week.

**Let me know your thoughts on what men you like so far and who you think will be Desiree's future husband!**