

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



By

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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.*