

Four Body Checks

What my body is telling him

1

Am I facing him?

Shoulders and feet pointed towards the person.

2

Are my arms relaxed?

Folded arms and hands in pockets say “I am closed.”

3

Am I about one arm's length away?

Not on top of him. Not across the room.

4

Is my body still?

Rocking, spinning and turning away say “I am not with you.”

Reading HIS body

If he turns away, backs up, or looks past you —
his body is telling you the conversation is finished.

