Humans have the ability to show their thoughts and feelings without expressing them with words. This happens through body language. Body language means the expressions and behaviors of the individual, that indicate what he feels or thinks. Most often, people use body language unconsciously. This means that it is generated by their natural instinct. There are many types of body language. These types are associated with expressions, movements, and signals made by different parts of the body. Such as: face, hands, legs, eyes, and voice. Eye contact, for instance, is a type of body language. Direct eye contact with a person may indicate attention and focus. While avoiding eye contact while talking may indicate that the person is lying. Crossing legs is another type of body language. When a person crosses his legs at the knee, and points them away from someone else, this may mean he feels uncomfortable and annoyed with that person. But, if the person crosses his legs at the ankle, this may mean that there is something he is trying to hide. On the other hand, the tone of the voice can reveal many things about the person. For example, a very loud voice may indicate anger or self-confidence. While a very low voice may indicate shyness and fear. Body language has many benefits. It helps us reveal people's intentions and what they are trying to hide. Also, it is important to rescue people who cannot openly ask for help. Many employers use body language in employee evaluation and job interviews. It is also used to detect criminals and in trials. These are few examples of its uses. And I think that it is a very wide, interesting and surprising field to study.

Summarized by © lakhasly.com