Body language relates more than mere words

By Jack Powers

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Truth lies partly in our words and partly in our non-verbal communication. Words may be lies, of course, but so may the things we do. Body language is a powerful tool, but one that is often misused.

Consider a situation where a person is telling you a story. If they are leaning forward, eyes wide open, and hands animated, you know they are probably telling the truth. On the other hand, if they are sitting back, eyes half-closed, and hands folded, you know they are probably lying.

This is because body language is a natural way for our brains to digest information. When we speak, our brains process the words we say, but they also process the non-verbal cues we are giving off. These cues can either support or contradict what we are saying.

For example, if you say, "I didn't do it," but your voice is high and your eyes are wide, your body language is telling a different story. Similarly, if you say, "I'm not nervous," but your hands are trembling and your face is pale, your body language is telling a different story.

So next time you are in a situation where you need to communicate, remember the power of body language. Use it wisely, and you will be able to understand others better, and be understood yourself.