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Nonverbal Communication

**Q.1 How do people use body language to communicate power?**

There is a significant amount of power hidden in different body language symbols. People employ different kinds of ways to communicate power by using their body language. The paramount way in which people show off the power using body language is their posture (Burgoon, Laura and Floyd, 157). The way in which an individual holds themselves can significantly exert power on to others. Another way to show power to people is through eye contact. By having direct eye contact during interactions, an individual can make themselves look more confident. Personal space is another way through which people can use to communicate power to others. By standing relatively close to a person during an interaction while maintaining eye contact and a solid body posture, an individual can communicate power using only the body language (Burgoon, Laura and Floyd, 157).

**Q.2 How many facial expressions are universal (everyone regardless of culture can both**

**make and interpret them)? What are they?**

Due to a single or a combination of 43 different facial muscles, the involuntary and voluntary movement of the face is referred to as facial expressions. Interpretation of facial expressions might be different in different cultures. However, there are certain facial expressions that considered universal. According to Charles Darwin, there exist certain facial expressions that remain unchanged despite moving across cultures. Darwin tabled his idea during the 1800s. The idea of Darwin was further consolidated during the 20th Century by Dr. Paul Ekman. Therefore, there are 7 facial expressions that considered universal. These facial expressions are happiness, sadness, fear, disgust, anger, contempt, and surprise. These seven facial expressions are the ones which people can easily exhibit and identify regardless of their cultural background.

**Q.3 What is meant by these terms: norming, micro-expressions, and hotspots?**

In order to fully comprehend the secrets of body language, many experts resort to an analytical system known as norming. In this process, the body language of an individual is assessed and analyzed in contrast to how that person would respond in normal situations.

In order to catch a liar red-handed, many experts use a technique called hotspot. Hotspots are the irregularities between what individuals say and what nonverbal of individuals are implying. For instance, if you ask someone about an opinion on the food that you cooked and their answer is “They like it” while they exhibit facial expressions of disgust. This shows a hotspot.

Micro expressions are the expressions that are exhibited for a brief time. Usually, micro expressions last merely a second or even less. An individual in a bid to conceal emotion, either deliberately or unconsciously, exhibits micro expressions.

**Q.4 What are the tell-tales people's faces and bodies make when they are being truthful vs. untruthful?**

There are certain ways in which it can be determined whether a person is being truthful or untruthful. This can be determined by analyzing the faces and bodies of individuals. For instance, a liar would have their eyes dart back and forth rapidly (Burgoon, Laura and Floyd, 34). Additionally, rapid blinking may be caused due to the stress produced as a result of a lie. Moreover, a false smile can be exhibited by the person who is being untruthful (Burgoon, Laura and Floyd, 34). Head shaking, blushing, pursed lips are other certain ways that tell the person is lying. The abrupt change in the breathing sequence and rapid movement of the head are different ways to tell whether a person is truthful or not. Moreover, an untruthful person would unwittingly touch their different body parts.

**Q.5 How culturally sensitive was "The Secrets of Body Language"?**

In the video “Gestures, meanings and cultures”, Desmond Morris has aptly identified the variations of body languages that exist in different cultures. In my opinion, the information described in the video is culturally sensitive. This is because a single hand gesture can have a different meaning in different parts of the world. Therefore, in order to fully adapt to the culture of a country, one must learn gestures and their meanings (Burgoon, Laura and Floyd, 132).

Works Cited

Burgoon, Judee K., Laura K. Guerrero, and Kory Floyd. *Nonverbal communication*. Routledge, 2016.