Nonverbal Communication

[Name of the Writer]

[Name of the Institution]

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For the sake of the assignment, I have changed my body language in certain ways. Firstly I have changed my hand gestures while talking to my friend with illustrating some points by using my palms face up. Secondly, I have changed the way I stand, for this purpose I stand with my chest out and head straight. As far as my sitting posture is concerned, I sit back with my feet in front uncrossed and my arms also uncrossed in front of me. Whenever I am in this sort of body language, I have noticed that my friend talks to me more often and I feel more rapport is building between us. So whenever I want to talk to him, I slightly keep my feet apart and lean forward which helps me in talking without him interrupting me. The result of this type of body changes not only makes me more confident in my discussion but also helps in improving my communication skills. I feel that this body language make my friend more open to me than usual.

As far as I have noticed my body language when I am comfortable, certain gestures are made by unintentionally. For example, when I am standing with a group of friends, my one foot is in the direction of the friend who is talking and the other in the direction of a friend standing nearby me. Mostly I have experienced that our whole group after a short time copies each other gestures.

As far as my gestures are concerned when I am stressed I am not usually in a stable position while standing. I move my feet and hand more frequently and usually, my arms are in the front position in a cross. Another thing that I have noticed is that I bite my lips more often when some thought is bothering me while conversing with others.

I have closely monitored my weaknesses while I was in stress, I made efforts to change my body language. But as for now I have controlled some of these movements, which diverts my attention to the ongoing conversation but I think that with some more practice, this problem would also vanish like the other small issues.

**References**

Pease, B., & Pease, A. (2008). The definitive book of body language: The hidden meaning behind people's gestures and expressions. Bantam.