

# 7 body language helps you to sympathize with the opposite

How to be loved by people right from the first meeting? Let's find out 7 body languages ??to help you sympathize with the person below!

1. 10 useful tips to get more interesting conversation
2. Put away the 9 statements below, if you don't want the listener to feel uncomfortable!
3. Don't say, "I don't know", try the following 4 ways to prove you're a good communicator

## How to be loved by people right from the first meeting?

Surely all of us know that body language plays a very important role in daily communication.

According to **Leil Lowndes** , the author of the book ' *How to talk to anyone - how to talk to anyone*' says you can attract and retain anyone's attention without having to use words. We selected the best body language tips from this book and shared with you.

Let's find out 7 body languages ??to help you sympathize with the person below!

## 1. A "sunny" smile



**Leil Lowndes** advises: ' *Don't smile too quickly when greeting others* '. Because if you do that, many people will easily think that you are living false with them. Instead, stop for a moment looking straight into the eyes of the person for a few seconds, then give a smile " *really fresh, warm, sincere and greet them with the most beautiful face and eyes* "

Although that moment only slowed down for a few seconds, it worked to make the person face the feeling that your smile was sincere and showed a special affection for them. A " *slowing down* " smile can create more friendliness and depth in the way people see you.

## 2. Communicate with eyes



Lowndes said: ' *Imagine your eyes are sticking to the person sitting opposite in the conversation, as if it's a magnet.* '

Even at the end of the conversation, do **n't rush your eyes immediately** but slowly, slowly shifting your gaze gently to the other direction.

In addition, you can also try to count how many times your partner has winked during the conversation. In a survey, many participants said they felt more valued and loved by their colleagues when the opposite person used this technique.

See also: [37 certain simple etiquette you must know](#)

## 3. Talking eyes



While sitting chatting together, you should occasionally glance at the person you care about, no matter who else is talking. If your attention is directed to the other person even if they don't say anything, then you're showing great interest in their very small reactions.

However, be cautious when using this keen eye because the opponent may feel uncomfortable because of being 'too'; loss of comfort and nature. The best way is to keep your eyes on the speaker, but after finishing a sentence, you can gently and discreetly look to your target audience.

#### **4. Turn the person towards the direction of attention**



Each of us feels anxious about the reactions of others to us, especially for new people. So when you meet a new friend, turn your whole person towards them and turn your attention to this new character.

With small movements, but bring a big message to the other friend that you see they are extremely special.

See also: [How to make conversation more interesting?](#)

#### **5. Limit restless gestures**



If you want to give others a sense of trust, try not to move and move too much in important conversations. **You should not be restless, squirm your arms and legs, shake your body or scratch itch .**

Regularly putting your hands up close to your face can make the audience feel like you're worried or lying about something. Instead, keep communicating with your eyes and make your partner feel that you are serious about focusing on the story they are talking about.

## **6. Hold your head high**



This " *tin horse* " fantasy trick helps you look more confident with your posture, which is described by Lowndes as " *the greatest measure of success.*" Imagine a common horse jaw. circus circled from every door frame you step in. Pretend you are biting it, your lips smile and your body is lifted up.

Lowndes said: ' *When you imagine you are biting the horse's jaws and hanging up with your teeth clenched on it, all your muscles will be stretched into the right position .*

That means that whenever you enter any door, **pay attention to your posture; You need to straighten your back, push your shoulders back, stretch your chest and raise your head and smile .** Every day you will go through a lot of doors. So to keep this in mind, do it often, and gradually it will become your habit. The habit of holding a straight posture is one of the first signs of a winner.

## 7. Hello old friend



**When you meet someone, imagine it's an old friend of yours .** According to Lowndes, this will create subconscious reactions in your body, from the softness of the eyebrow frame to the gestures when communicating.

One of the benefits of this is when you act as if you are in love with someone, at some point you realize that you start liking them really. Lowndes said: " *Simplicity can be said that love will create love, similarity creates similarities, respect creates respect* ".

How many " *body language* " did you use in the article to make a good impression with those around you? Please sympathize with the person in your body language!

See also: 10 ways to make a good impression from the first meeting

Having fun!

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