

What is the seat posture revealing about your personality?

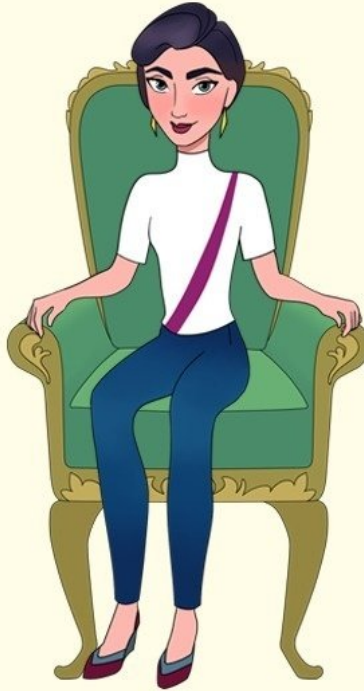
Have you ever wondered what the sitting posture is about your person or personality? Choose a familiar sitting posture and see what it represents about your personality, the person sitting opposite.

1. 11 daily habits silently destroy health without you knowing
2. 6 simple ways to minimize the harmful effects of sitting for a long time
3. What will happen if you sit in a place for too long?

Have you ever wondered what the sitting posture is about your person or personality? If you pay a little attention you will find that each of us often has a familiar **sitting posture** - the most comfortable and comfortable posture. However, few people know that **sitting postures can also reveal many things about your personality** . On the Bright Side page, we have compiled the 10 most common sitting styles, which will reveal interesting things about your personality. Choose a familiar sitting posture and see what it represents about your personality, the person sitting opposite you!

Sit up straight

UPRIGHT



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A person with a sitting posture is a strong, confident and determined person. You are knowledgeable and almost never hesitate in your decisions. You know what you need and what you want. Not only that, you are also a good communicator, a trusted friend and partner. When friends and relatives encounter difficult situations, you are always willing to help and give them useful advice.

Sit back with your back

LEANING BACK



You are quite sensitive and emotional . In every event, big or small, you think carefully and carefully. Especially when standing in front of important decisions, you often have a habit of analyzing things that you might encounter when solving problems. Besides, you are a visionary, rarely offering any choice if you have not been able to measure anything and lose anything.

Sitting forward

LEANING FORWARD



The sitting position facing forward shows that you are very friendly and approachable . You are a person who likes to communicate with many people and is willing to give others praise and encouragement. You are interested in the story being told and with the person you are talking to, especially listening to others. You always praise others if you feel it is worth it.

Sit with your legs together

LEGS TOGETHER



At first, you will be said to be a rather cold person, but when exposed to a time, people will find that you are a **kind, kind and sincere person** . You are the one who likes to go straight to the point, not like to go around. You are on time, meticulous and always try to complete the plan.

Sitting cross-legged with two ankles

ANKLES CROSSED



You are a resolute, leadership-driven person who wants to control everything that happens around you . So sometimes you will be considered a "*dictator*" , but that does not mean you are not pleased with your friends and people around. You are a person who likes to make friends, be open to new relationships, but also often has a sense of jealousy when you, your lover, are close to others.

Sitting cross-legged

LEGS CROSSED



You are a humble, simple and quite shy person so often feel shy when in front of strangers. You rarely express your true feelings to others, so you are often considered a rather introverted person and do not have the habit of sharing your feelings.

See also: Why should we never sit cross-legged?

Sitting with your arms folded across your chest

ARMS CROSSED



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You are quite a serious person and have a strong personality . You have subtle, deep thoughts that few people think of. Your facial expression often seems pensive, or more thoughtful, than smiling brightly. Despite being a confident person, it takes a while for you to open up to a relationship.

Two hands between the legs

HANDS WEDGED BETWEEN LEGS



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You are a gentle, sensitive and kind person . In relationships, you are thoughtful and kind, always willing to listen to others' feelings and don't hesitate to help them immediately. For relatives and friends, you always devote sympathy, sharing every time you encounter difficulties. However, you are also quite shy and shy, always hesitant and hesitant in your thoughts and decisions.

Put your hands on your knees

HANDS ON YOUR KNEES



With this poise of sitting style, you are **a leader in leadership** . You are confident, attentive and have a very calm attitude towards all problems. You are always ready to take responsibility in the wrong decisions. You do not show shyness, fear when the problem occurs but act with a " *cold head* " to easily resolve all things smoothly.

Knitting hands together

HANDS LOCKED TOGETHER



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You are a gentle, optimistic and open person . You are always a cheerleader in friends gatherings because of your optimism and the ability to convey joy to everyone. Anyone who comes into contact with you feels a positive source of energy in you. Therefore, the conversations between the two people become much more funny and interesting.

See also: 13 crescent-shaped health problems that are trying to alert you

Having fun!

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