

This Free E-Book is brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**Tips For Becoming Fluent In The Non-Verbal Language Of Dating**

**By Toni Coleman**

**Tips For Becoming Fluent In The Non-Verbal Language Of Dating by Toni Coleman**

We are all too familiar with the term "body language". There have been books, workshops and endless discussions spawned by it.

But do you really KNOW how to interpret the non-verbal messages that other people broadcast on a continual basis in their interactions with you?

There are two levels of communication that occur in any interaction:

content  
process

Content refers to what we SAY.

Process refers to EVERYTHING ELSE that occurs.

Interactions can be wrought with mixed signals- saying one thing and non-verbally communicating another.

No wonder so many singles report confusion regarding what their date was really thinking or feeling. On the surface, understanding this language can seem very difficult, if not impossible. Not so, if you learn to speak the non-verbal language of process.

The following tips will be presented using examples of naturally (and commonly) reported dating scenarios experienced by singles.

1. Good eye contact/ poor eye contact

When you are sitting and talking with your date, do you notice how they look at you, when you or they are speaking?

When their eye contact is good, this is a sign that they feel comfortable and interested in you. They are really involved in the interaction and want to be there. It also communicates honesty and sincerity.

Conversely, when your date has difficulty making eye contact, this communicates discomfort; lack of interest or it could be extreme shyness. The last would be easy to know if they are a shy person in

## Tips For Becoming Fluent In The Non-Verbal Language Of Dating

general.

### 2. Restlessness

Have you ever experienced the restless date? You know the one. He moves around in his chair, she looks at her watch, and his mind seems somewhere else. He may or may not offer an explanation. What appears to be going on is that her mind IS somewhere else.

This behavior communicates a lack of interest or a preoccupation with someone or somewhere else.

### 3. Looking around at others a lot and not at you

Have you ever had the unpleasant experience of being out with someone who watches the crowd the whole time? Perhaps, they just glance furtively (and frequently) around the room?

This, of course, signals lack of interest, possible discomfort and a desire to avoid interaction with you.

It can also be a general sign of someone who is not trustworthy, or at the very least, hasn't been completely honest/ candid with you.

### 4. Is noticeably quiet

Oh, how deafening is silence. It can speak volumes.

If your date has little to say to you what does this mean?

Maybe they are just not very interested in you.

Perhaps they don't think you would care to hear what they have to say.

Maybe they think you wouldn't appreciate hearing what they are really thinking.

Perhaps they are in an off or sour mood.

Only you can interpret this. Be careful not to quickly write it off to something you want it to be, as opposed to what it really is.

### 5. Stiffening or closed-in body posture

You know what YOU do in uncomfortable situations.

You fold your arms tightly across your chest.

You stiffen your spine

You tightly cross your legs.

You turn your body at an angle away from the person you are facing

You lean away from the person you are with

Of course, the reverse is true when the interaction feels good.

You lean forward

Your arms are relaxed or laying open to the person

You face the other person directly

Your posture is relaxed and at ease

It's fairly easy to interpret the closed-in posture.

The other person feels uncomfortable

They aren't open to the interaction with you

They would rather not be there

If this is a first date, it will probably be the last.

### 6. Physical Contact

Perhaps the easiest communication to read correctly is that of touch.

If your date avoids taking your hand or putting his arm around you he may be uncomfortable or unsure. He may also be shy, but you would already know that.

If someone you have been dating for a while begins to exhibit changes in their level of eye contact, body posture, attention to you, availability and/or becomes restless or less communicative, pay attention. Their feelings have shifted. Be careful not to be too quick to explain it away. More than one occurrence should set off your silent alarm. Make sure that what they say matches what they don't say.

Other (non-verbal) expressions that you should listen to that can suddenly occur during the course of a dating relationship are:

Calling less or not calling

Change in voice tone

Becoming busy and not having time to get together

Lateness

Missing dates without calling or having a plausible excuse

Moodiness– irritation/impatience/anger outbursts

If your date or boyfriend/girlfriend sends you any of the above (negative) signals, the best way to handle it is to comment in a direct (and gentle) way about it.

Then watch for what he/she DOES while you listen to their response.

This will give you all the information you need.

Toni Coleman is a licensed therapist and relationship coach. She specializes in working with singles that want to create lasting, intimate relationships. Toni has over 20 years of experience in relationship counseling and coaching. She developed the Creating Lasting Relationships Training, a tele-workshop designed to help singles to define, implement and fulfill their relationship goals. Toni Coleman [www.consum-mate.com](http://www.consum-mate.com)

## What Is The Best Way To Learn A Foreign Language?

By Lisa Nobles

Studies have shown that how you learn a foreign language impacts whether or not you will actually follow through it. Obviously, if you get bored before you've put in the required time and effort, you're not going to learn much of the language at all. So let's address the facts that help determine whether you're going to stick with your goal of learning a foreign language or not.

First things first, you are going to need positive feedback. That means you need a way to measure your goal of learning the new language. Whether this includes tracking your progress or actually trying

## Tips For Becoming Fluent In The Non-Verbal Language Of Dating

to speak the language with someone fluent in it doesn't matter. What does matter is that you have a way to gauge that you're really learning. Otherwise you may get frustrated and give up long before you get anywhere at all.

Secondly, you need to follow a step-by-step course that progresses from easy to hard. It should also do this slowly. Again, the reason you want to learn a foreign language in this manner is so you do not get too frustrated.

The problem with early frustration is that it steers people toward giving up. If you don't see any progress in the early stages, you may not feel like you can accomplish your goal at all. Obviously, if you don't think your goal is achievable after all, chances are good you'll give up.

So minimizing the amount of frustration (especially early on) is a big part of learning a foreign language. On another note, you want to make learning a foreign language as interesting as possible.

As I'm sure you've experienced, learning from a textbook can be monotonous. Not only is reading from a textbook boring, but your chances of sticking with it are slim to none. Besides, merely learning vocabulary and grammar is not going to prepare you for a real-life conversation in a foreign language.

Interaction is the best way to learn anything. You can't just passively read, listen or watch as someone explains everything to you. You need to get involved.

By turning learning a new language into a game, you'll stick with it and actually remember more of what you learn.

You need to actually listen (not just read from a book) and then speak lots of foreign words and phrases. Turn the words into something familiar by associating them with their actual meaning.

You need to practice the new language with fluent speakers, all the while listening to it as it's properly spoken. Many foreign languages are spoken very quickly, therefore you need to make sure you can keep up with the pace and actually hear it spoken correctly.

Test drive an interactive Spanish course that can allow you to learn to speak Spanish naturally in less than 3 months. Visit

. Or learn French if you

prefer at



This Free E-Book has been brought to you by [Natural-Aging.com](http://Natural-Aging.com).

**[100% Effective Natural Hormone Treatment](#)**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**