

Understanding Body Language

What message is your body language communicating to your spouse?

Your body language is affecting your marriage because it reveals your true thoughts and feelings about your spouse. The body language of attraction is subtle, subconscious and easy to miss if you're not paying attention. But, once you know the guidelines, reading both female and male body language will come naturally and intuitively to you.

At least fifty-five percent of communication happens through body language alone. This includes body and facial orientation, posture, shifting, leaning and touching.

PROXIMITY

When your partner stands or sits very close to you, usually this is a sign that they feel emotionally connected to you. On the other hand, if your partner tends to stand or sit far away from you, he or she could subconsciously be sending the message that all is not well in the marriage as far as they are concerned.

What's the body language of proximity like in your marriage?

SIMILAR BODY LANGUAGE

Having similar body language is a sign of a happy marriage.

When you're attracted to someone, you tend to mimic that person's behavior; it happens subconsciously. If you notice your partner mimicking you, it's probably a sign that they admire you and want to be closer to you.

Similar body language is a clear sign of attraction.

BODY POSITIONING

Body positioning plays a huge role in the body language of attraction.

When your partner speaks to you, his or her torso should be turned and *leaning towards you*. This demonstrates that he or she trusts you and is willing to be vulnerable and unguarded with you. When trust is lost in a relationship, people tend to speak with their bodies slightly turned and leaning away.

Keeping an eye on body positioning can help you determine whether you need to work on trust in your marriage.

THE EYES DON'T LIE

The eyes are the window to the soul and reveal what your partner is feeling.

For starters, eye contact is always a good sign; you know this. It's a sign of openness, which is essential for intimacy in marriage.

The last thing you want is for your partner to avert his or her gaze when you try to make eye contact. If this has been happening, it's a clear sign that they have an issue about something in the relationship.

However, keep in mind that some people are naturally shy and feel too exposed by maintaining eye contact. But by now, you should know whether your spouse is the shy and vulnerable type. If so, go easy on them in this area.

The body language of attraction may be subtle, but it isn't hard to pick up on if you know what to look for.

Understanding body languages helps you to better understand your partner AND tweak YOUR body language to ensure that you're not sending the wrong message.

Until next time, this is Mike Tucker and I want YOU to be mad about marriage!