

## 41 emotions people use through body language

*This list, not being more exhaustive; barely scratches the surface to let you know about some important uses of body language to show how we feel and act. This should be enough to get you started to align yourself together. Want more? Start watching people (not in a creepy way), and take notes of what they seem to do when expressing different emotions.*



- **Awed**
  - Slack
  - jawed, raised eyebrows, staring
  - Frozen, slack body language
  - Take a step back and put a hand to his heart
- **Amused**
  - Smiling and throwing back her head laughing
  - Slapping her thighs, stamping her feet, clapping her hands
  - Shaking her head
- **Annoyed**
  - Pressing lips together into a thin line
  - Narrowing eyes sometimes with slight head tilt
  - Rolling eyes, often paired with a long-suffering sigh
- **Anxious**
  - Fidgeting, such as tearing grass into little pieces, playing with a ring, or chewing on a pencil
  - Biting lower lip, swallowing unnecessarily
  - Quickened breathing or holding breath
  - Darting eyes
  - Pallor, sweating, clammy palms
  - Unusually high-pitched, “nervous” laughter
  - Hunched shoulders
  - Pacing
- **Confident**
  - Arms clasped behind body
  - Head lifted, chest out, standing tall
  - Walking briskly and making firm, precise movements
- **Confused**
  - Tilting head with narrowed eyes
  - A furrowed brow
  - Shrugging
- **Cynical/Sarcastic/Bitter**
  - Twisted lips or a half-smile
  - Sneering, sometimes with shaking the head and other defensive body language
  - Pressed lips with a slight frown
  - Eye rolling
- **Defensive**
  - Crossed arms, legs, crossed anything, really
  - Arms out, palms forward (Stop!)
  - Placing anything (sword, shield, book, backpack) in front of her body
- **Distressed**
  - Wide eyes and shallow, rapid breathing
  - Beating the walls, or huddling into a corner
  - Clasping hands over his head protectively
  - Rocking himself
  - Handwringing
  - Running his hands through his hair

- **Angry/Aggressive**
  - Sharp movements, like shaking a fist, pointing, slashing, or slamming a fist on a table
  - Flushed face, patchy red blotches
  - Tension in neck—chords standing out, veins throbbing— and jutting or tucked chin
  - Arms akimbo, or clenching fists
  - Entering someone else’s space and forcing them out
  - Poofing up with a wide stance, arms wide
  - Lowered eyebrows, squinting eyes
  - Teeth bared, jaw clenched, snarling
- **Attentive**
  - Slow head nodding with a furrowed brow
  - Leaning forward, toward the speaker, and sitting up
  - Taking notes
  - Looking over the top of her glasses
- **Bored**
  - Resting his head on his palm, peeking out between the fingers, maybe even slipping so his head “accidentally” hits the table
  - Tapping toes, twirling pencil, doodling, and otherwise fidgeting
  - Staring out a window, or at anything remotely more interesting.
- **Contempt/Superiority**
  - Lifted chin
  - Pursed lips, sneering, slight frown
  - Circling a shoulder, stretching her neck, turning away—anything to indicate she doesn’t see the person as a threat or worthy of her attention
  - Grabbing her lapels, or tucking her thumbs in her waistcoat - Dismissive hand-waving
- **Disgusted**
  - Crinkling his nose
  - Curling his lip and/or showing the tip of his tongue briefly
  - Flinching back and interposing a shoulder or turning away
  - Covering his nose, gagging, and squinting his eyes shut—hard—for a moment.
- **Displeased**
  - A plastered-on fake smile
  - Pouting or frowning
  - Crossed arms and other defensive/frustrated body language
- **Excited/Anticipation**
  - Rubbing hands together
  - Licking lips
  - A vigorous, pumping handshake
  - Jumping up and down
  - A wide and easy grin

- **Earnest/Passionate**
  - Leaning forward, nodding, wide eyes with strong eye contact and raised eyebrows
  - Hand on heart, or presented palms-up, or otherwise visible
  - A double-handed handshake
- **Embarrassment**
  - Blushing
  - Stammering
  - Covering her face with her hands or bowing her head
  - Difficulty maintaining eye contact, looking down and away
- **Impatience**
  - Quick head nodding
  - Toe/finger tapping
  - Sighing, checking the clock/sundial/freckles.
- **Overwhelmed**
  - Both palms to forehead, fingers splayed
  - Covering eyes with one hand
  - Eyes wide and staring into space, hands gripping the table in front of her
- **Playful/Friendly**
  - Winking
  - Wagging eyebrows
  - Tiny shoves or nudge
- **Pleasure**
  - Head tilted back, lips parted slightly, eyes wide or closed
  - Slow, languorous movements, stretching
  - Slight flush, quickened breath and pulse
- **Possessive**
  - Handshake with arm clasp
  - Putting hands on or around someone's shoulders, neck, waist, back, or even just the wall near them
  - Standing in someone's personal space, body positioned toward that person
  - Any one-sided act of intimacy, like running a knuckle down someone's cheek
  - Staring down any who get too close
- **Secretive**
  - A tight-lipped smile
  - Hiding her hands in her pockets
  - Looking away
- **Scared**
  - Hunched shoulders, shrinking back from others
  - Wide eyes and lifted eyebrows
  - Shaking, trembling, or freezing
  - Rocking from side to side, sometimes holding self
- **Flirty**
  - Eye play, like winking, looking up through the lashes, over the shoulder glances, and eye catching
  - Preening, like hair flipping or smooth, clothing straightening, spine straightening, etc.
  - Striking a cowboy pose, with his thumbs gripping his belt tight
- **Happy**
  - Smiling and laughing
  - Eyes and nose crinkling
  - Swinging her arms, spinning loosely, dancing, jumping
- **Frustrated**
  - Shaking his head
  - Massaging temples
  - Clasping his wrist in his opposite hand, behind his back
  - Running his hands through his hair
  - Grabbing onto something like armrests, or white-knuckled interdigitation
- **Jealous**
  - Tight lips, or a sour expression
  - Narrow eyes locked on the perpetrator, to the point of a stare down
  - Crossed arms, and additional frustrated, angry, possessive, or bitter body language
- **Lying**
  - Scratching their nose, ear, neck, miscellaneous part of face
  - Sudden change in behavior or demeanor, including shifty eye contact, lots of long blinking, shrugging
  - Ill-timed smiles or laughter
  - Additional anxiety body language
  - Shaking head no while saying "yes"
  - Licking lips, covering mouth, touching mouth, etc.
- **Proud/Dominant**
  - Chin up, chest out, shoulders back
  - A painfully hard handshake that not only squishes the bones, but also forces his hand on top
  - Leaning back with his hands behind his head, and his feet up
  - Strong, unblinking, focused eye contact
- **Reluctance/Resistance**
  - Arms crossed, sometimes with fists
  - Dragging feet
  - Pinching nose
  - Clamping hands over ears
- **Sad/Upset**
  - Droopy body (and anything held, like a sword), bowed in shoulders, wrapping arms around self
  - Slow movements with hesitation
  - Bottom lip jutting out and/or quivering
  - Crying, sobbing, body shaking, sniffing, wet eyes

- **Smug**
  - Slight, close-lipped smile (occasionally one-sided) and sometimes one raised eyebrow
  - Chin slightly tucked, Mona Lisa smile, raised eyebrows
  - Finger steeping
- **Tired**
  - Rubbing his eyes, eyes staring into space, raised eyebrows
  - Yawning and/or stretching
  - Almost nodding off and jerking awake
  - Gritting teeth to stay awake
- **Thoughtfulness/Thinking**
  - Steeling fingers
  - Pinching nose, sometimes with closed eyes
  - Tugging on an ear
  - Stroking a real or imaginary beard
  - Furrowed brow, narrowed eyes, sometimes tilted head and pressing lips together
  - Resting his chin on his hand
- **Triumphant**
  - Hands clenched and held above head while grimacing
  - Head tilted back with a yell
  - Arm pumping in the air, jumping

- **Shame**
  - Slumped shoulders
  - Trouble meeting your gaze, looking down and away
  - Burying her face in her hands or bowing her head
- **Shocked**
  - Hands covering her mouth, or mouth hanging open, sometimes with a gasp
  - Freezing and staring with wide eyes and eyebrows raised
  - Smacking a palm into his forehead
- **Shy**
  - Avoids eye contact, or has only fleeting eye contact
  - Keeps a fair distance from everyone, and will back away if someone steps closer
  - Folded arms, head down, and other defensive body language
- **Suspicious/Skeptical/Disbelief**
  - Narrowed eyes, sometimes with a sidelong glance or raised eyebrow
  - Rubbing his eyes
  - Shaking his head
  - Blowing out cheeks