

Gestures: What Do They Tell Us? Part 1

Many of the gestures we use are habits; some are objectionable ones which need to be modified. DIRECTIONS: Match the following items.

GESTURE	Letter of Correct Answer	ANSWERS TO CHOOSE FROM
1. Leg swung over chair		a. Doubt
2. Sitting backwards on a chair		b. Need of more information, anxiety
3. Hands behind one's back		c. Bored
4. Locked ankles		d. Comfort, unconcern
5. Rubbing palms		e. Sure of oneself
6. Thumbs in belt or pants		f. Confidence, pride
7. Unconscious throat clearing		g. Unsure or lying
8. Hands together pointing toward ceiling		h. Admonishment
9. One hand above the other on one's lap		i. Apprehension
10. Sitting with one leg under oneself		j. Everything under control
11. Covering the mouth while speaking		k. Expectation
12. Wiggling a foot		l. Holding back
13. Putting objects in one's mouth, such as pencils		m. Feeling superior
14. Rubbing eye or ear		n. Dominance
15. Conscious throat clearing		o. Unconcerned

Excerpt from You're the Boss by Natasha Josefowitz

