

## Deciphering The Confident Person

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Words of confidence can be heard when spoken, as well words of confidence can be read when written or documented. But can confidence be decipher from the actions of a person?

Yes. As a matter of fact, action has a higher degree of consistency compared to spoken or read materials regardless of the subject involved. Whenever there is a cloud of doubt on the truthfulness of an issue under discussion, the language not spoken or read serves as the confirmation of accuracy. This is the language of body movements or gestures. In this case, the issue is confidence.

Take these postures as indications of confidence:

A confident person is likely to talk spontaneously, without second thoughts on his mind, as can be seen from his eyes. The eyes are the gates to a person's character. A confident person gives more eye contact than a non-confident individual. He can look at you straight every now and then, at a longer time, and his eyes blink less (unless the person has a habit of frequent blinking).

A confident person talks with hands away from his face. He doesn't cover his mouth (unless he has halitosis or unless the person he is talking to looks or reminds him of something funny) or nose (unless he smells something offensive). He doesn't scratch his head (unless it's itchy because of scalp disorders).

A person gleaming with confidence of having achieved much stands erect and proud. He shows that he definitely knows where he is headed.

One of the most reliable indications of a confident person can be seen by the gesture of his hands. When each finger of a hand meets each equivalent finger of the other hand at the tips, it is a very sign of confidence. This gesture resembles the structure of a church steeple.

Some people openly show off this hand gesture when they are seated. They show their steeping hands, indicating authority and showing they are sure of what they are saying.

You may notice that when a boss and subordinate talks to each other, the boss is most likely the one doing the steeping.

As for a woman, she usually rests her elbows on the armchair when seated with her steeped hands on her lap. If she is standing, the steeped hands are usually in the waist level.

In most of the gestures, especially when it comes to the steeped hands, it is important to know if the gesture you see from the other person is truly indicative of his true emotions or personality. Make sure you are not being misled or deceived. This is especially true in dealing with people you hardly know and when sincerity plays an important role in the deal. You can check this by looking for other clues that are congruent or related to the gesture he is exhibiting.

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