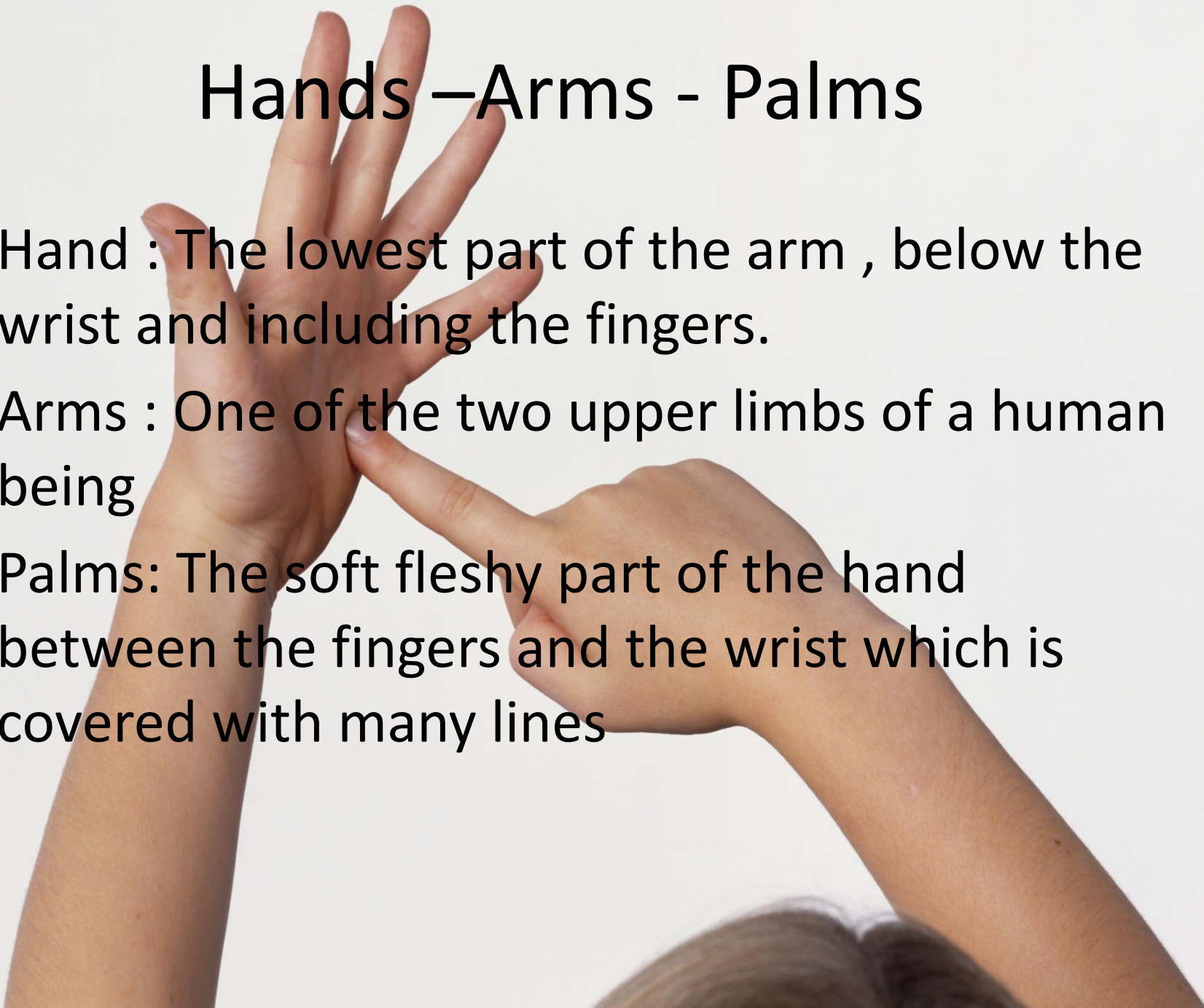




Hands –Arms - Palms

- Hand : The lowest part of the arm , below the wrist and including the fingers.
- Arms : One of the two upper limbs of a human being
- Palms: The soft fleshy part of the hand between the fingers and the wrist which is covered with many lines





Palm facing down indicates

Telling some body to sit
down

or

stopping some body

Facing up position
(gesture of submission)



FACING DOWN POSITION
(REQUEST WITH AUTHORITY)

A close-up photograph of two hands shaking, with the hands and forearms of two people in dark suits and white shirts. The background is plain white.

Hand shake
(shook hand)



The "left-side-advantage"



double-hander wraps



"Political Double-Hander"



hand cupped and not fully opened



Finger tip handshake



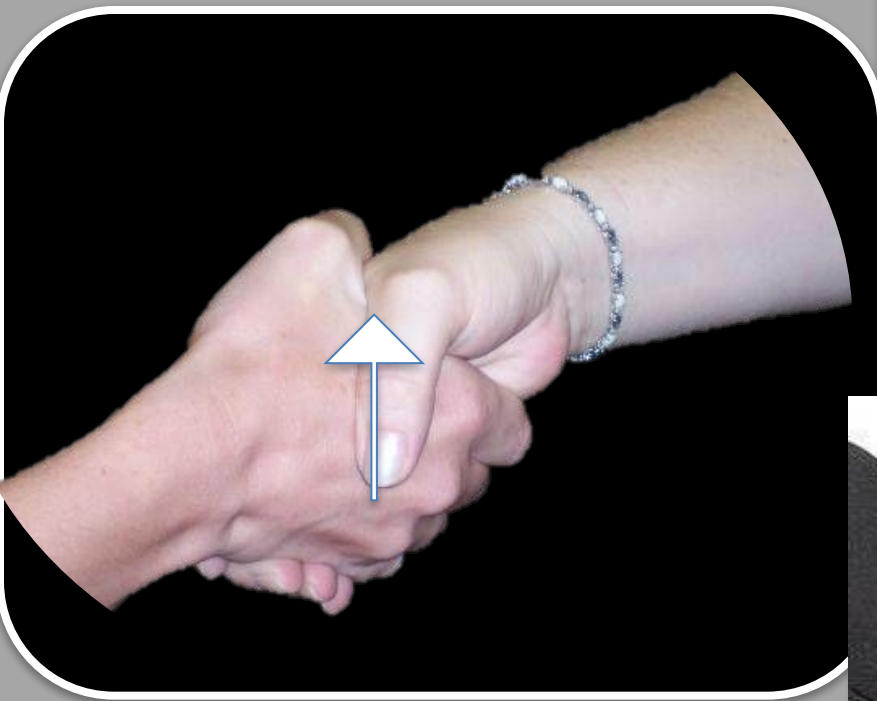


Stiff Arm Thrust

Taking control
handshake →



← Giving control handshake



Glove handshake →



A close-up photograph of a man with dark, wavy hair and a surprised or intense expression. He is wearing a dark blue suit jacket over a light blue button-down shirt. His right hand is raised, palm facing forward, with fingers slightly spread. The background is a blurred green, suggesting an outdoor setting. In the bottom right corner, a portion of a red microphone is visible. The text 'Locked fingers (clenching)' is overlaid in white on the right side of the image.

Locked fingers
(clenching)



Submissive
palm position

Dominant palm position



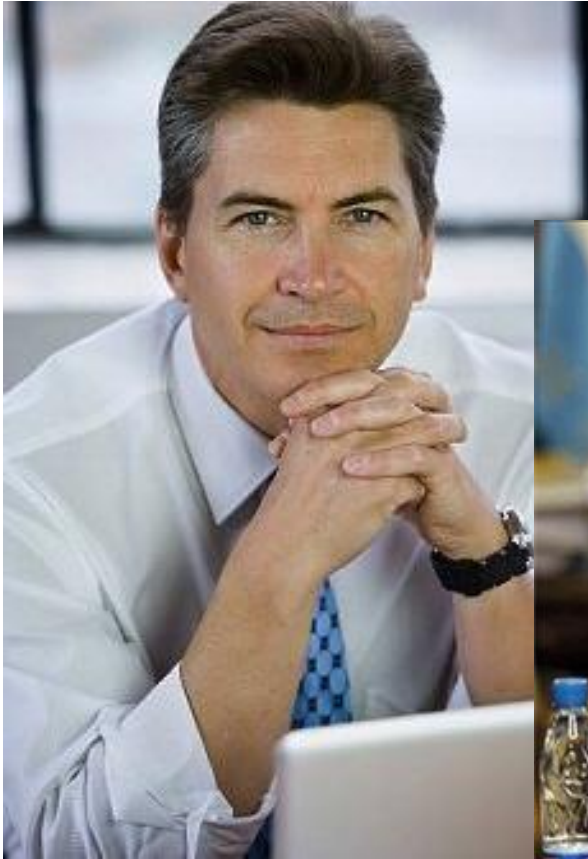
Aggressive
palm position





Positive
expectation

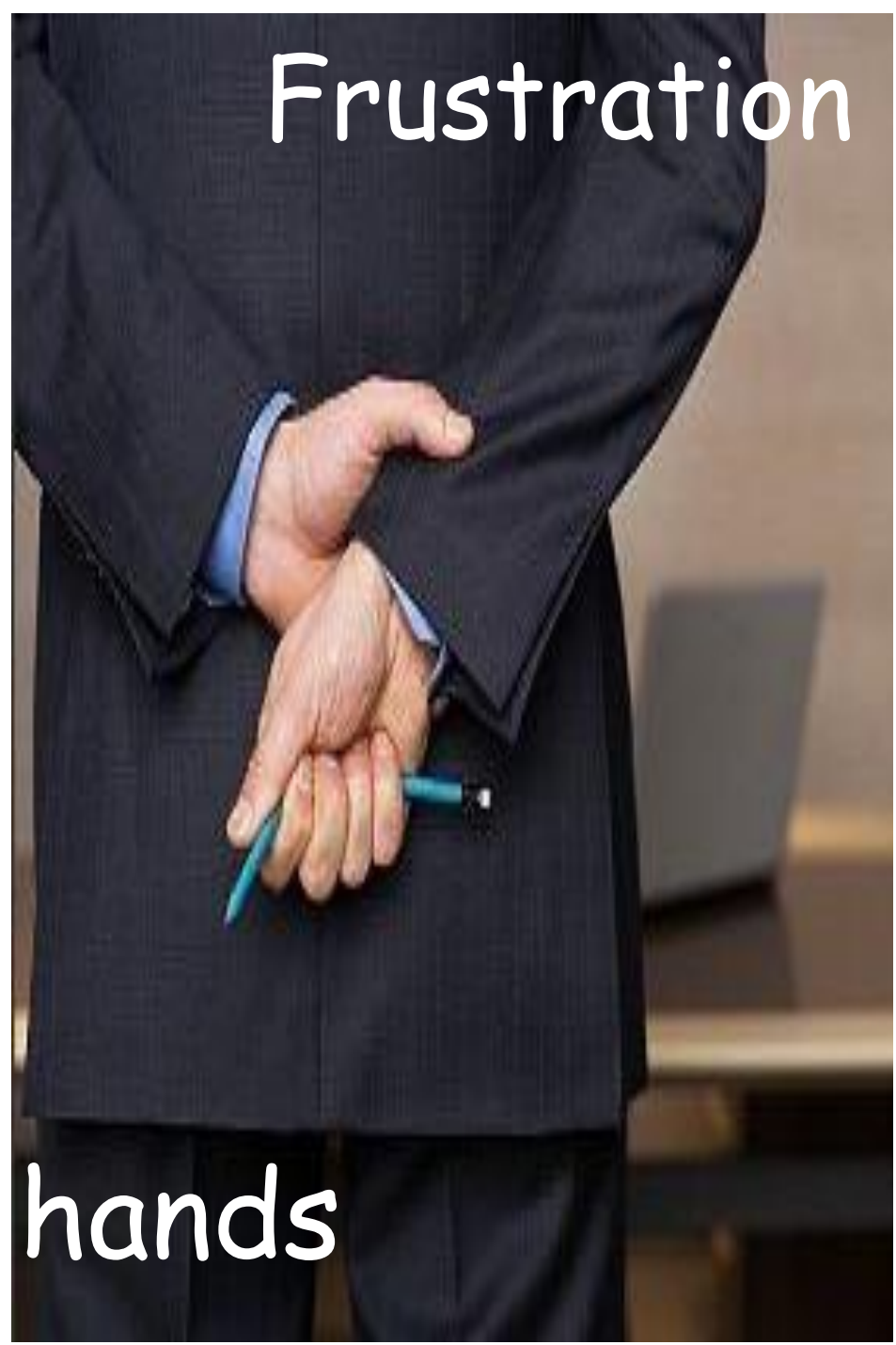
High clenched hands indicate people who are difficult to decipher



Confidence



Frustration



Gripping hands

Negative & superior attitude



Thumb displays



Dominant or aggressive

Arm Gripping Gesture



Show that the user is 'cool'
and
to make his superiority felt

Partial Arm-Cross Barrier Gesture

lacking in
self-confidence





'Readiness' which in the right context is correct, but the basic meaning is aggression



Stand arm cross gesture is common

Suppose arm are gripped tightly
it indicates



The person is waiting for a call or anxious
to know a thing that is unfamiliar

A middle-aged man with short grey hair and glasses, wearing a dark suit, light blue shirt, and blue tie. He is smiling broadly and has his arms crossed. The background is a blurred office environment with other people in business attire. The image is framed by a thin black border with diagonal lines at the corners.

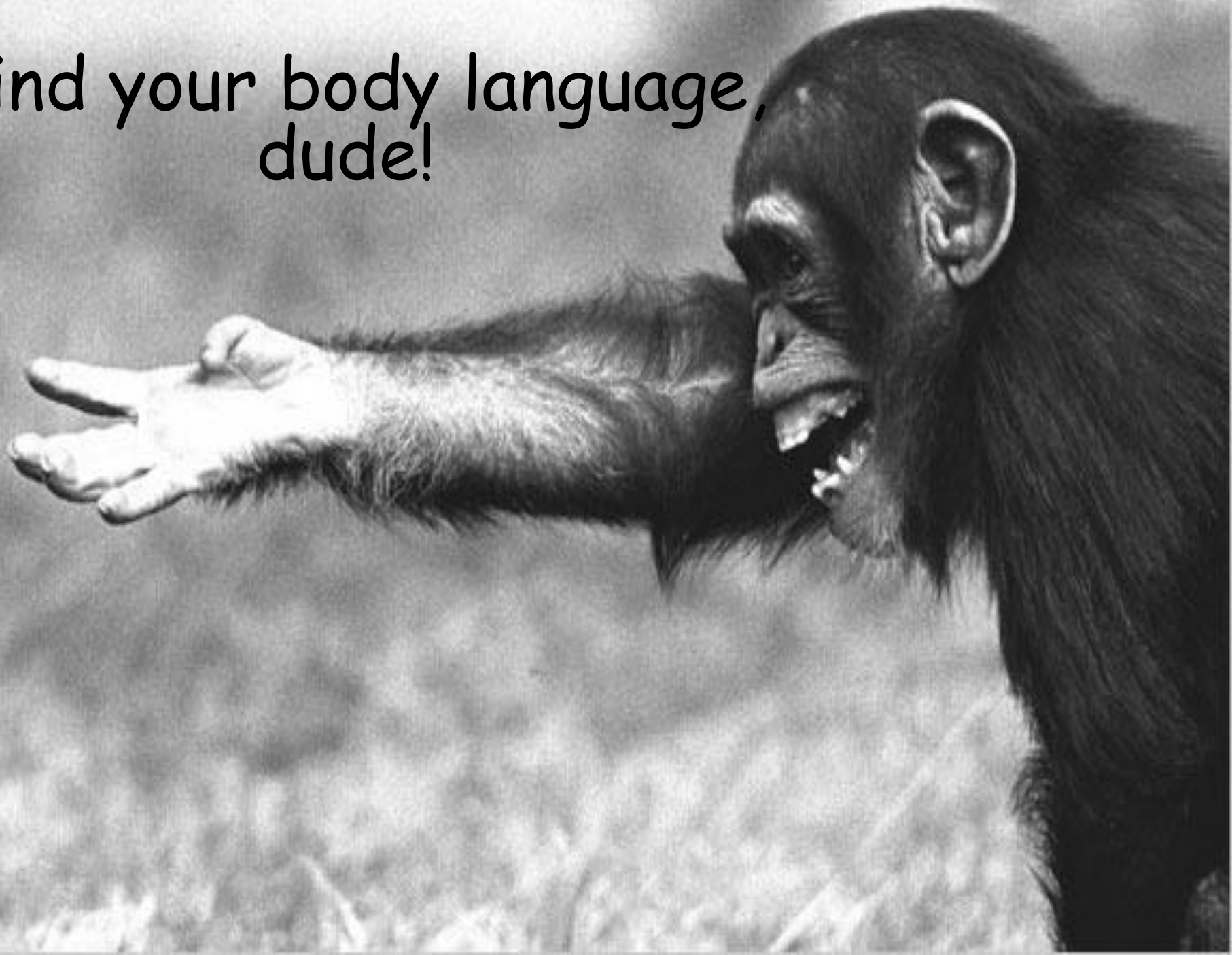
Boss intends to speak to his juniors

Folding arms indicates the social status also



Open palms can indicate honesty

Mind your body language,
dude!



Thank You Friends for being patient





NONVERBAL BEHAVIOR

1. Brisk, erect walk
2. Standing with hands on hips
3. Sitting with legs crossed, foot kicking slightly
4. Sitting, legs apart
5. Arms crossed on chest
6. Walking with hands in pockets, shoulders hunched
7. Hand to cheek
8. Touching, slightly rubbing nose
9. Rubbing the eye
10. Hands clasped behind back
11. Locked ankles
12. Head resting in hand, eyes downcast

INTERPRETATION

1. Confidence
2. Readiness, aggression
3. Boredom
4. Open, relaxed
5. Defensiveness
6. Dejection
7. Evaluation, thinking
8. Rejection, doubt, lying
9. Doubt, disbelief
10. Anger, frustration, apprehension
11. Apprehension
12. Boredom

Non verbal Behaviour

1. Rubbing hands
2. Sitting with hands clasped behind head, legs crossed
3. Open palm
4. Pinching bridge of nose, eyes closed
5. Tapping or drumming fingers
6. Patting/fondling hair
7. Tilted head
8. Stroking chin
9. Looking down, face turned away
10. Biting nails
11. Pulling or tugging at ear

Interpretation

1. Anticipation
2. Confidence, superiority
3. Sincerity, openness, innocence
4. Negative evaluation
5. Impatience
6. Lack of self-confidence; insecurity
7. Interest
8. Trying to make a decision
9. Disbelief
10. Insecurity, nervousness
11. Indecision

