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(Extract from: Faces And Eyes)

... and regulation of the interaction.

Most people already know about the power of the face to communicate feelings, thoughts, and emotions, but far fewer are aware of how the face influences direction, pacing, and regulation of an interaction. The reality is that both of these functions work together seamlessly to produce an overall body language effect.



For instance, what happens when you spot a "person of interest" with whom you want to flirt? Your face launches into action, helping to communicate your interest and direct the conversation that (hopefully) develops. It may start with a wink, a raised eyebrow, a smile, or simply frequent attempts at eye contact. This attracts attention and invites the other person to respond.

If there is mutual interest then a conversation develops. Once this stage begins, the face takes on the role of both flirtation and direction of the interaction. A smile or nod of the head shows you are interested in what the other person is saying, while raising your eyebrows and opening your mouth slightly is an indication you want a turn to say something.

Now let's turn to your eyes. Yes, they are part of your face and therefore are part of your facial expressions; however, they can also be powerful tools for non-verbal communication all on their own. For instance, when you meet someone for the first time what's one of the very first things you do? That's right, you look them in the eyes, and as a conversation progresses you keep coming back to the eyes frequently. This is why eye contact is such a powerful part of body language – they receive a lot of close attention.

Not all eye contact is the same, ...

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