**HELP ME WITH NONVERBAL COMMUNICATION**

**COMMUNICATION**

According to the Oxford dictionary, Communication is defined as the imparting or exchanging of information by writing, speaking, or using some other medium.

It is a means of sending or receiving information.

According to Merrian -Webster, Communication is a process by which information is exchanged between individuals through common system of symbols, signs, or behavior.

According to Wikipedia, communication is defined as the transmission of information.

**NONVERBAL COMMUNICATION**

Nonverbal communication is the transmission of messages or signals through a nonverbal platform such as eye contact, facial expressions, gestures, posture, use of objects and body language. It includes use of social cues, kinesics, distance, and physical environments/appearance, of voice and touch. **(Wikipedia)**

It is the act of conveying information without the use of words**. (APA Dictionary of Psychology)**

Nonverbal communication is the process of sending and receiving messages without using words, either spoken or written.

**TYPES OF NONVERBAL COMMUNICATION**

The are many different types of nonverbal communication. In this article we are going to focus on ten main types that we believe are important.

**Facial expressions**

One important thing that many people do not know is that facial expressions are universal. There are seven basic emotions. These are sadness, anger, disgust, fear, surprise, contempt, and happiness.

There are 50 studies that have shown that these facial expressions are spontaneous and cannot be consciously controlled. Further research discovered micro-expressions, which are different from the macro or facial expressions.

When we are happy, fearful, or sad. In the presence of our closest ones, we do not have any reason to take them back or hide them.

However, when we go through different events, we might be tempted to do this. For example, in the case of a public speaking situation, when fear, shame, anxiety, and other negative emotions creep through your body. You will be tempted to hide them because of what people may think about you.

No matter how much we think that we can hide our feelings, they come to surface in the way of micro expressions. They are difficult to identify, and you need training and exercise because they are quick and fleeting.

**Gestures**

There are many types of gestures. We all know that some of them are deliberate, such as waving or pointing, while others are not. For example, there are adapting gestures such as touching some body parts, rings, clicking pens, and so on. They are often displayed when someone is in distress. During a presentation, you can notice that some speakers will adopt this kind of gesture.

There are also illustrator gestures, maybe one of the most natural ones. They are used subconsciously and illustrate the verbal message.

**Posture and movement**

Posture and movement are key factors of body language. Most people will adopt comforting behaviors or actions during stressful moments. Posture and movement can tell you how someone is feeling. For example, an arm-crossed posture sends the message that you are not open to new ideas or solutions.

Or the leg-crossed posture is known as a posture of defiance and defensiveness.

Posture and movement send information about attitude.

**Paralinguistics**

Paralinguistics are represented by your tone of voice, pitch, loudness, and inflection.

Think of how the meaning of a sentence can be changed just only by how you pronounce and articulate different words. Misunderstandings can arise from small things, like not hearing a word correctly.

For example, the words affect, and effect have different meanings, but sound vey similar. Fortunately, in most cases, we can use context and body language to discern between the two.

You can identify how the other is feeling just by carefully listening to what and how he presents his ideas. A cold tone of voice is related to negative emotions, while a warm one to more positive ones.

**Eye gazing**

Eyes are the window to the soul. And they never lie. We all know this. Eye contact is used in a conversation by everyone because it helps you gather information. It also helps you get feedback from the environment and notice the body language of your interlocutor.

However, eye contact helps us establish a connection with others. I have learned during my practice as a psychology student that when people gaze, I must not interrupt them. Gazing means that someone is deep thinking. Eye contact means that someone is ready to communicate and listen to you.

Eyes can also be used to send different signals as well. Depending on the culture and society you live in, prolonged eye contact can send a signal of intimidation, or in another context, flirting.

Nevertheless, eyes can help someone establish a rapport or connection. This is very important in the life of a businessman or manager.