

How To Show Confident Body Language When Approaching Women

What would you say is the most important good-impression factor when approaching a woman for the first time? If you think it's all about delivering a killer opening line then think again. When approaching a woman, it's not about what you say but how you say it - it's not about the verbals, but the non-verbals.

It is often said that when meeting someone for the first time, the other person forms up to 90% of their opinion about us in the first 90 seconds. Wow - that's an important first minute and a half. Furthermore, research suggests that body language forms between 60% and 70% of the meaning when we digest verbal and non-verbal communication, with tonality of voice being in second place and the words we actually say being third. Some experts in influence, such as James Borg, even go as far as to suggest that body language makes up 93% of human communication. That leaves a very small chunk of the communication pie for the words that come out of our mouth. So, we've established its importance, lets now have a closer look at some examples of confident body language.

I have featured, below, some body language tips that you should consider adopting when approaching a woman. I use the word "adopting" because I believe that to become truly natural and competent with these ideas, they should not be part of an act. Don't pretend to be someone you're not. Instead, learn and incorporate the ideas into your everyday persona. Think of them as bolt-ons to help make a more confident you and start imagining how your life might change when you begin using them every day.

1) **Have confidence in your approach** - don't be timid or tentative. A man who is self-assured and assertive will approach in a casual manner, without hesitancy or uncertainty; as if walking over to greet a friend. Stand up straight to make the maximum out of your height (you can lose inches by slouching). Keep your head up, revealing the throat area a little (a good sign of confidence) and push your shoulders back (pushing your chest out a little). This is a good, confident posture.

2) **Approach from an angle if you can.** Do not approach from behind and try not to approach from directly in front as it can seem aggressive, which may make the lady feel uneasy and put her on the defensive.

3) **Be warm and friendly.** Look into her eyes and smile. I cannot over-emphasize the importance of the smile as you approach - it shows you're not posing a danger and that you are open and fun. You can take this further - a wry, cheeky smile will add an element of mystery to the mix. Be passionate and enthusiastic - **you're having a fantastic time and you want to share the experience with her.** Remember the golden rule - express, don't impress.



- 4) **Keep your hands out of your pockets and in view.** People naturally feel less comfortable and trusting when other people approach them with their hands hidden and it can be a sign of dishonesty. So, be as open with your posture and your hands as you can.
- 5) **Take up space.** Confident, alpha-males take up space and their arms flow naturally and freely when walking and gesturing. If you approach looking hunched up and tense then it will come across that you're not confident in who you are, which is a big turn-off.



Photo: this guy looks shy and nervous - he's hunched up, making himself small (taking up little of the chair) and has closed himself off. He is interlocking his hands in a self-comforting gesture of trepidation. There are lots of stumbling blocks to a flowing conversation here.

- 6) Once you've approached and started talking to her, **try to relax as much as you can** (this naturally comes with experience) and don't put pressure on yourself. The less you're worried about the outcome of the conversation, the more you will find yourself relaxing and the easier the conversation will flow. If you're on edge, it'll put her on edge. Try not to fiddle and twitch - fiddling with your watch, cuff links (think Prince Charles), jumper or other objects is a pacifying gesture and demonstrates nervousness, as does taking excessive sips of your drink. If you're a naturally nervous person, this is definitely an area you should work on.
- 7) When talking to her, **don't stand directly in front of her.** Instead, stand either at an angle or side-by-side. The advantage of standing side-by-side is that you can use your surroundings as part of your conversation. If you have a drink in your hand, try not to hold it between the two of you as this forms an unconscious barrier.



Photo: this guy's approach is open and confident. He's standing at a 90 degree angle, with a confident posture and smile and he's ensuring his drink is out of the way and not a barrier.

8) If you're approaching a group, **make sure you engage the entire group** - don't just focus on the woman you most like.

9) **Mirroring.** I've deliberately left this one until last. It's an idea that comes from the NLP (Neuro-linguistic Programming) world and involves the mimicking of voice tonality and body language to create rapport. The important thing to emphasize with this is that, if you're going to use it, it needs to be SUBTLE. In life, we naturally mirror the body language of people we have rapport with. By being aware of this, you can use the mirroring technique (mimicking some of the elements of their non-verbals) to accentuate the rapport between the two of you. You can consider mirroring breathing rate, body posture, gestures, facial expressions and speech patterns. Be aware - if you get this wrong and you're not subtle with it, the lady will sense it and it will creep her out.

That's 9 tips for confident body language. I will just take a moment to re-iterate my comment from earlier. With these ideas, consider integrating them into your everyday life rather than using them as an act when you approach a woman. By doing this, you'll be far more successful and you may begin to notice that other elements of your life improve at the same time; your work and business life, for example. Consider practicing these ideas with everyone you meet. That way, when you see a woman you're attracted to, your approach will flow naturally. Remember that change is all about breaking habits, so you may feel uncomfortable implementing these ideas at first. Just try them out one by one and see what works for you. Don't be afraid of going wrong when you're practicing - that's how we learn. Get practicing and start looking forward to being a more confident you.

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