Body Language Cheat Sheet

21 attraction signals decoded — what they mean, why they work, and how to develop them. Free from lustdr.com

21
Signals Decoded

THE 21 ATTRACTION SIGNALS

Signal	What It Communicates	How to Develop It
Sustained eye contact	Confidence, genuine interest	*Hold 3–5 sec, break slowly to the side — never look down*
Upright posture	Status, self-assurance	*Shoulders back, chest open, spine long — check every 2 hours*
Slow, deliberate movement	Calm, high-status composure	*Walk at 70% of your usual speed — let the room come to you*
Duchenne smile	Warmth, approachability	*Smile from the eyes — crow's feet signal genuine positivity*
Open body stance	Confidence, no defensive energy	*Uncross arms, face torso toward the person you're speaking to*
Subtly mirroring	Rapport, emotional alignment	*Match posture and gestures with a natural 2–3 second delay*
Grounded, wide stance	Physical dominance, calm authority	*Feet shoulder-width apart — distribute weight evenly*
Slow head nod	You are listening, engaged, present	*Nod once, slowly — rapid nodding signals impatience*
Controlled gestures	Articulate thinking, confidence	*Gesture from the elbow, not the wrist — contained but expressive*
Leaning in (slightly)	Genuine interest, engagement	*15° forward tilt when they speak — signals you value what they say*
Light incidental touch	Interest, oxytocin release, comfort	*Brief arm/shoulder tap — only once rapport is established*
Slow, low voice	Confidence, authority, calm	*Breathe from the diaphragm — never rush to fill silence*
Vocal variety	Emotional engagement, charisma	*Emphasise key words — monotone reads as bored or anxious*
Comfortable with silence	Security, not needing approval	*Let a pause breathe 2–3 seconds before responding*
Head tilting	Curiosity, active listening	*Slight 10° tilt shows you're absorbed in what they're saying*
Reduced self-touching	Low anxiety, self-possession	*Keep hands resting naturally — avoid face/neck touching when nervous*
Controlled blinking	Calm, confidence	*Slow blink rate signals composure — blink rate rises under anxiety*
Physical proximity calibration	Social intelligence, awareness	*Social zone 1.2–3.7m; personal zone 0.5–1.2m — respect transitions*
Purposeful entry	High status, intentionality	*Pause 2 seconds at any entrance — scan the room, then move*
Congruent expression	Authenticity, trustworthiness	*Face and words must match — micro-expressions expose incongruence*

Signal	What It Communicates	How to Develop It
Relaxed jaw and face	Approachability, ease	*Consciously drop jaw tension — set a "soft face" as your default*

7 GOLDEN RULES

1. Slow everything down by 30%
2. Take up appropriate space — don't shrink
3. Let pauses work for you, not against you
4. Lead with eye contact, not words
5. Mirror after rapport — never before
6. Congruence beats any single technique
7. Practise in low-stakes situations daily

INSTANT DOS & DON'TS

✓ Do

- ✓ Make eye contact first
- ✓ Walk with intention
- ✓ Smile from the eyes
- ✓ Breathe before speaking
- ✓ Own the pause

✗ Don't

- ✗ Break eye contact downward
- ✗ Rush to fill silence
- ✗ Touch your face when nervous
- ✗ Cross arms in conversation
- ✗ Shrink into spaces

"You cannot not communicate. Every silence, every posture, every micro-expression sends a signal. The only question is whether you're sending the right one."