

NON-VERBAL COMMUNICATION
BODY LANGUAGE POLL

1. Check the parts of the body you use most frequently to express yourself:

_____ eyes _____ forehead _____ feet _____ eyebrows
_____ chin _____ shoulders _____ nose _____ hands
_____ mouth _____ other

Explain _____

2. The facial expression that is most characteristic of you is:

_____ cheerful _____ pensive _____ angry _____ other

3. Would you like someone, you show them by:

_____ making eye contact _____ touching
_____ pointing you body directly toward them. _____ standing close
_____ other

4. When you dislike someone, and want to convey your feelings, you:

_____ stare _____ turn away
_____ cross your arms _____ knot your eyebrows
_____ other

5. When you are nervous, you:

_____ rock your body _____ juggle your foot
_____ bite your nails _____ twirl your hair
_____ blush _____ blink your eyes
_____ other

6. When you want to emphasize a point, you:

_____ pound your fist _____ squint your eyes
_____ point your finger _____ stamp your foot
_____ other

7. When you want to show agreement, you:

_____ nod your head _____ smile
_____ move closer _____ open your eyes wider
_____ other

8. When you are angry, you:

_____ turn red in the face
_____ frown
_____ other

_____ shrug your shoulders
_____ throw your arms in the air

9. If someone gets too close to you during a conversation, you:

_____ stand your ground
_____ place an obstacle
between you

_____ move back

10. Check the situations in which you would be most likely to touch someone:

_____ to comfort them
_____ to punish them
_____ in contact sports

_____ to show you like them
_____ to frighten them
_____ in a crowded bus