

Confident Body Language: Research Shows It's The Key!

It's easy to assume that our feelings determine our behavior, and not the other way around. For example, most of us assume that if a person "acts" very confident it is because that person "feels" very confident. But there's plenty of new research to prove that it also works the other way around. Many studies have shown that adopting confident body language can actually make you feel more confident!

Another great example of this mind-body connection is a study that showed holding a pencil between your teeth for 15-20 minutes (forcing you to smile) actually makes people feel happier. This is significant because it strongly suggests that changing what you do with your physical body will actually change your emotions too. The implications of this are huge, especially in the area of personal development.

A Confident Posture

Just as "forcing" yourself to smile can actually make you feel happier, forcing yourself to adopt more confident body language can actually make you feel more confident. Keeping that in mind, here's a quick list of behaviors that you can use to build feelings of confidence:

1. Stand up straight. This may be an old cliché, but it's probably the number one behavior associated with confidence. Straighten out the back and push the chest out (within reason of course). Show your full height, no matter what it is and you will appear and feel more confident and powerful.
2. Chin Up! Raise your head, elongate the neck slightly and keep that chin up in the air-don't worry, you won't appear arrogant, you'll appear centered and secure.
3. Smile. As we've already mentioned, making yourself smile (regardless of how you feel) actually changes the way you feel. Also, smiling shows confidence and an easy-going manner. If you're someone who finds it difficult to smile, try the "holding a pencil between your teeth" technique. Do this for about 15 minutes twice a day and you WILL notice a difference in how you feel. You will also be building a new habit of smiling easily, which just broadcasts confidence.
4. Open your eyes! Opening the eyes a little wider than normal expresses openness and a strong social connection. Again, "faking" this behavior can cause you to feel these attributes, so go ahead and "fake it 'til you make it."
5. Slow it down a bit. Slowing down your motions a little expresses confidence and a peaceful nature. Confident people rarely stress or rush. Moving in a slow, methodical manner tells others (and your subconscious) that you are confident.

You are in complete control of your posture, and by changing your posture you also take control over the way you feel. If you don't feel like standing up straight (or any of the others), just fake it! Don't wait to change your behavior after you feel better, change your behavior NOW and more confident feelings will naturally follow.

Source: <http://www.articlecircle.com>

About the Author

Jon Mercer is a personal development coach and the founder of UltraConfidence.com. To learn how to build real confidence from the "inside-out", visit <http://www.ultraconfidence/>