

Body Language

1. What postures and gestures might a person have or use when experiencing each of the following—and without saying any words?

—anger?	—resentment?	—agreement?	—deceit?
—joy?	—eagerness?	—indecision?	—worry or anxiety?
—fear?	—disagreement?	—reluctance?	—guilt or shame?

2. What type of gestures do you tend to use most of the time? When nervous? Worried? Happy? Depressed? Why do you think you use these then?
3. What types of things do you look for or notice in people's facial expressions to tell you what they are really thinking or feeling (be specific)? Why do you look for these things in particular?
4. What "tones of voice" and manners of speaking can tell you when someone feels:

—dejected?	—serious?	—lonely?	—angry?	—frustrated?
—shy?	—relaxed?	—uptight?	—joyful?	—misunderstood?

5. What facets of your personality do each of the following describe?

- the clothes you usually wear casually? those you wear for dress?
- your taste in music and the kinds of songs you like most?
- the way your room is decorated?
- the way you wear your hair?

Body Rhythms

1. Are there times when you feel emotionally "high" or "low" for no apparent reason? Is there a pattern or more specific cause of these feelings?
2. What physical factors (for example, the weather, climate and so on) affect you the most psychologically? In what ways?

Affection

1. What signs of affection do you like and are you comfortable with receiving from—parents? —friends? —relatives? —acquaintances? —strangers?
2. What signs of affection do you find uncomfortable, offensive or pushy? Why?

Touch and Sensory Awareness

1. Do you agree that our culture shies away from rather than encourages the natural experience of "touch"? If so, how and why?