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### MARRIED OR DATING?

Did you know that you can tell a lot of things about a person by their body language? Body language and facial expressions can help give us an indication as to how people are feeling and what they are thinking.

By watching people from a distance, you can usually determine how they feel about each other, whether they are friends, family, or just plain strangers. Body language is something we see everyday that helps us communicate without words.

I always laugh in a restaurant, because it is not hard to tell if a couple is married or on a date. When I see a man pull out the chair for his dinner partner, I think, "HmMMM. Either he has good manners or he is trying to make a good impression."

Another thing to observe is if he helps her take off her coat or jacket. If he does, I think, "Oh, this must not be a married couple and are apparently on a date."

Then, too, if you look at facial expressions, they can tell us a lot about a relationship. If a gal wants to impress a guy, she will smile, laugh, talk animatedly and hang on to every word her man is saying. I know cause I have done this same thing years ago.

Then I observe another couple and from their body language, I would guess that this just may be a married couple. The man walks ahead of his partner, sits down, and either looks at a newspaper or eyeballs the waitress. His partner (probably his wife) follows behind, struggles with her coat and pulls out her own chair.

I am not saying that married men do not have manners. What I am saying is that once a relationship is in a permanent status, how quickly we forget how much our actions have changed since our dating years.

Looking long and hard at both couples, the single couple stare into each other's eyes lovingly and do not seem to care what is on the menu.

On the other hand, the married couple pay little if any attention to each other. Hubby is still engrossed in the newspaper and now wifey gets out her cell phone and begins to talk with one of her friends about a club party. I see little, if any, communication.

Of course, maybe I am the only person who thinks like this, but then I have always been a people watcher. Plus, I have always been reminded that, "Actions speak louder than words."

How do you act when you see someone you know coming down the street? I think of myself as more of a waver than a handshaker.

Waving can be done from a distance. Waves gain attention and a big, overhead wave can attract a person from some distance. This also makes others look at you and is not likely from a timid person.

With me being a keyboard player and seeing varied audiences, if I see someone I know, I do give them a big overhead wave.

Greeting children is often done with a small up-and-down movement of fingers, holding the rest of the palm still.

So much can be learned about a person from their body language, facial expressions and

gestures.

Are you a people watcher? Can you tell if a couple are married or dating? What kind of body language do you use? Let me know and I'll give you a Penny for Your thoughts.