

Emotion	Body Language
Acceptance	Nodding, a slow blink, scrunched lips
Aggression	Puffing out chest, shaking fist, pounding on chest/table, jutting chin, baring teeth
Amusement	Twinkle in eye, smirking, laughing/chuckling, clapping hands or slapping thighs
Anger	Glaring, narrowed eyes, flushed or red faced, grimacing, clenched jaw, tight-lipped smile
Anguish	See Grief but more intense, wailing, bawling, shaking uncontrollably, screaming, pacing, shaking hands in front of body
Annoyance	rolling or narrowing eyes, sighing/grunting, pressing lips together
Anticipation	Licking lips, rubbing hands together, fidgeting, wicked grin
Anxiety	Fidgeting, swallowing constantly, darting eyes, pacing, high-pitched laughing
Attentive	Great eye contact, nodding in agreement, leaning forward, furrowed brow in concentration, focus
Attraction	Dilated pupils, mirroring/mimicking, see attentive
Awe	Frozen in place, jaw-dropping, staring, see Shock
Boredom	Yawning, looking around, slouching, fidgeting
Confidence	Chest out, chin up, standing tall, movement firm and full, smiling
Confusion	Tilting the head, Furrowing the brow, narrowing the eyes, shrugging, scratching head
Contempt	Pursing lips, looking down nose, lifting chin, turning away, dismissive hand gestures, one-sided expressions
Cynical	Rolling eyes, Slight frown, half-smile, shaking head
Deception	Shrugging one shoulder, fidgeting, involuntary movements - tells, shifty eyes, hesitation
Defensive	Hands up with palms out, shrugging, closing body off w/ crossed arms/legs/hands in pockets...
Desire	Licking lips, hungry look in eyes, winking, extra touchy, posing, dilated pupils, fluttering lashes
Determined	Jaw set, glaring intense focused eyes, lips pressed together, slightly squinted eyes, body squared, rigid posture
Disbelief	Vigorous shaking of head, confusion (see above), stammering/stuttering, crinkling of nose, jaw-dropping
Disgust	Curling lip (sneering), Turning away (cold shoulder), squinting eyes/crinkled nose
Displeasure	flattened mouth, eyes looking up and to the side, small frown, deadpan/flat expression, forward/side head tilt, crossed arms
Distress	Wringing hands, crinkled brow, clasping hands above head, fidgeting/hands run through hair, rubbing back of neck, rocking
Dominance	Resting aggression (see aggression), see confidence, see smugness, knowing smile, patronizing, overbearing handshake
Eagerness	Vigorous nodding, bright eyed, open-mouthed smile, energetic movements, raised eyebrows,
Embarrassment	Reddening cheeks/blushing, bowing head, looking away, covering face or head
Exhaustion	Slouching, heavy breathing, rubbing eyes, yawning, can't keep eyes open, expressionless
Fear	Trembling/teeth chattering, open mouth, rapid breathing, raised eyebrows, rigid/tense body, flat lips, cringing
Grief	Body wracked/trembling with sobs, crying/tears, blochy face/red eyes, covering face with hands, sniffing, staring off, slumping
Guilt	Flushed face, avoids eye contact, avoidance, see anxiety, head down
Honesty	Warm smile, maintaining eye contact, open posture, chin up
Impatience	Curt nods, checking watch, tapping toes, twirling hand gesture (get on with it), sighing, looking around
Irritation	Eye twitch, slight turning of head, deep breath, looking around, narrowing eyes
Jealousy	Narrowed Eyes, crossed arms, red face, glaring eyes, clenched jaw, slight frown, slightly tilted head, see anger/grief
Joy	Smiling, shining eyes, giggling/chuckling/laughing, animated (swaying, humming, dancing, swinging arms, spinning), jumping (for joy)
Overwhelmed	Face drained of color, wide eyed, staring off into space, mouthing words, lip quivering
Pain	Moans and groans, grimacing, frowning, sharp intake of breath, pale complexion, squinting, clenching jaw
Passion	Heavy breathing, wide eyed, intense eye contact, licking lips, nodding vigorously, excited fidgeting, leaning forward
Playfulness	See Joy, see Amusement, touching, teasing, flirting, energetic, always moving
Pleasure	Parted lips, eyes wide/closed, blushing, quick breathing, arching neck or back, throwing head back, gasp/moan/sigh
Possessiveness	Staying near, holding onto, pulling object/person away from others, see jealousy
Pride	Open posture, chin up, shoulders back/chest out, swaggering walk, bright smile
Reluctance	Closed posture (crossed arms), dragging feet, biting lip, slouching, pained expression (crinked nose/brow, squinty eyes)
Sadness	Slouching, holding self w/arm(s), deep sighs, pouting lip, pained expression (crinked nose/brow, squinty eyes)
Secretiveness	Shifty eyes, looking away/down, hands in pockets/crossing arms, tight smile that doesn't reach eyes, quick excuses
Shame	See Embarrassment/Sadness, looking down, closed off posture, reddened face, frown, furrowed brow
Shock	Dropping objects, gaping mouth, mumbling/stuttering, pale complexion, freezing up, gasping, covering mouth, wide eyes/high eyebrows
Shyness	Blushing, holding self, avoids eye contact/looks away, head tilted forward, closed posture, keeping distance/moving away
Smugness	Smirk, slightly squinting eyes, glint in eyes, looking down, single raised eyebrow
Suspicion	Narrowed eyes, lips pressed flatly together, sideways glance, looking over shoulder, frowning, staring/watching, furrowed brow
Thoughtfulness	Staring off, closing eyes, slow methodical fidgeting, pinching nose bridge with head tilted down, stroking face/beard, hand holding chin
Triumph	See Dominance, see Joy, hooting/hollering, fist pumping, clasping hands far above head, fists on hips, arms outstretched