

# Gaze and Flirting

## Quote in Men's Health

*"Lost in her gaze "*

If you find locking eyes with her a struggle, it might just be that you're feeling dominated, anxious or shy. When you do, you "look away as an attempt to regain control, disengage and limit how much information you take in," says **John Dovidio, Ph.D.**, a psychology professor at Yale University. So the next time you two are alone, first make a conscious effort to rein in your addled emotions. If you're still struggling, take the advice of body language expert, Patti Wood, M.A., and split your attention among her mouth, eyes and cheek." This makes wondering eyes less obvious. And don't stop trying: University of Colorado researchers found that meeting her gaze makes you seem powerful.

Labels: Relationships

[http://www.mens-health.com.my/2009\\_03\\_01\\_archive.html](http://www.mens-health.com.my/2009_03_01_archive.html)

Patti Wood, MA, Certified Speaking Professional - The Body Language Expert. For more body language insights go to her website at <http://PattiWood.net>. Also check out the body language quiz on her YouTube Channel at <http://youtube.com/user/bodylanguageexpert>.