

# **How Attraction Creates Changes in Our Body Language and Appearance**

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When a person enters the company of the opposite sex, certain physiological changes take place. High muscle tone became evident in preparation for a possible sexual encounter, “bagging” around the eyes and face decreased, body sagging disappeared, the chest protruded, the stomach was automatically pulled in, potbellied slumping disappeared, the body assumed an erect posture, and the person seemed to become more youthful in appearance. Both men and women walk with a livelier, springier gait as a display of health and vitality and to convey their suitability as a partner. A man will stand taller, protrude his jaw, and expand his chest to make himself appear dominant. A woman who is interested will respond by pulling back her shoulders and bringing her breasts higher on her chest. She will also try tilting her head, touching her hair, and exposing her wrists, making herself appear submissive.