

Name: _____

Non Verbal Messages



When you are trying to resolve conflict, your body language and gestures (non verbal messages) will convey both positive and negative messages. For each of the non verbal message below, determine if it's positive or negative (using a checkmark or an x in the box) toward resolving conflict and indicate why.

- Tapping fingers or feet.
- Rolling of eyeballs
- Watching the clock
- Avoiding eye contact and looking elsewhere
- Looking down
- Rubbing forehead
- Smiling meaningfully
- Smiling sarcastically
- Frowning
- Yawning
- Putting head down on hands
- Wringing hands
- Arms folded intently
- Leaning back
- Covering ears