Eye Contact Language

1st Edition

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What Your Eye Contact Says About You

As the famous proverb goes, “the eyes are the window to the soul.” We feel the truth in this statement whenever we look into the eyes of another and emotionally connect to their passions, intentions, loves and fears. There is a sense of exposure when we gaze into the eyes of another, as if we are standing naked in front of them, confronted with our vulnerability. Like the picture that says a thousand words, our eyes are able to express our entire emotional palate and reveal our true inner state.

In a world full of disconnected and non-confrontational means of communication, the ability to hold strong eye contact with another person is one of the most important and yet overlooked social skills. This is tragic as it is the most powerful of all our nonverbal communication elements (which make up more than half of the messages we are sending) and how most people reveal their attraction towards one another. Here we’ll explore a three-part discussion on eye contact, specifically how it is used in our everyday interpersonal interactions, in creating attraction, and in developing greater intimacy with your partner.

Our ability to convey messages with our eyes originally developed as part of our pre-linguistic communication skill set. Most animals aptly read the subtle facial cues of other animals as a way of understanding their emotional state. This is highly practical for their own survival, enabling them to determine threats and danger, communicate their needs to parents or others in the social group, as well as ascertaining mating possibilities. All these skills were used daily by our ancient ancestors, as language is believed to have developed no more than 100,000 years ago. Although language is our primary communication technology, those older skills are still hardwired in our programming whether we use them consciously or not, and are still very reliable indicators of another’s state of mind.

Strong eye contact is not only a skill to emotionally connect with other human beings, but also a direct revelation of your own inner state and confidence. The less confident you feel, the less likely you will feel comfortable making direct eye contact with someone. This is because subconsciously you do not feel safe being exposed, so you will naturally avert your gaze to prevent someone from discovering your internal vulnerabilities. Much of this lack of confidence has to do with our perceived need for safety. Most of us have been programmed since birth that strangers are dangerous and not to be trusted, but due to the nature of society we often find ourselves in social situations involving new people where we are expected to override these firmly engrained beliefs. Despite our best intentions technically they still are “strangers” and we default to our old programming, avoiding direct eye contact whenever possible. This is unfortunate since confidence is a prime attractive trait in both sexes. By not holding direct eye contact you are telling everyone that you are not confident, trustworthy and secure in your own skin, which is far from sexy. The result is fewer dates, fewer friends, fewer career opportunities and less income over a lifetime…all things that confident people have more of than those who are not.

Eye contact powerfully conveys dominance as well as confidence. To see this in action, look no further than The Discovery Channel or Animal Planet. Whenever two animals (humans included) make strong, direct eye contact they are essentially sizing each other up, and if one of them doesn’t break their gaze one of two things will happen: fighting or mating. When the scenario involves two males, if one does not submit to the other a fight will break out to determine which animal is dominant. The stakes of these fights are high, since the reward of dominance includes access to food and mates. When the two animals are male and female (presumably of the same species…get your mind out of the gutter!), the direct result of dominance is mating. If a female is uncertain about a male’s worth a fight will still occur, and provided the male can show his dominance the female will submit and they will have sex. While our mating protocol is not quite as simple as this (despite most
men’s wishes), the basic structure is the same: a woman must recognize your confidence and dominance before 
sex can occur. (More on that in part 2.)

Now that I have made the case for strong, confident eye contact, how do you go about becoming comfortable 
with it? The following exercise will certainly help. My first experience with this exercise had a profound effect 
on my self-confidence and perceptions of human nature. It was an epiphany, as I realized most people are 
insecure about making direct eye contact with strangers, and when you have comfort in that ability it has 
powerful effect. If done in the right way you literally have the ability to make both of you feel better through 
the experience. Try it out. I think you will be surprised by the results.

**Prolonged Eye Contact Exercise:**

Go to a place with a lot of foot-traffic like a busy public street, mall or park or that you can walk through. (The 
more benign the environment the better.) As you walk through look up at everyone you pass, making direct eye 
contact if possible. Do not exaggerate the eye contact or go out of your way to make it, but rather simply look 
into everyone’s eyes with a calm and casual demeanor without breaking the contact. This may be more difficult 
than you imagine, as there will be a strong urge to release the intensity and break contact. Do this with everyone 
you see: men, old ladies, children, dogs, and of course attractive women. Be sure you are not staring anyone 
down with a creepy, stalker vibe (especially with the children as that can freak them out and get you in trouble!) 
The way to assure this is to be breathing deeply and maintain your awareness to your breath. Also key is to 
make sure all your facial muscles are relaxed, especially the jaw muscle. The jaw muscle, technically named the 
masseter, is not only the strongest muscle in your body but it also reflects your emotional state. A person with a 
tight jaw will come off as creepy or intense. The easiest way to avoid a tightened jaw is to hold your mouth 
slightly agape so that your upper and lower teeth are not touching and breathe deeply. It takes a concentrated 
effort to hold the mouth open and simultaneously keep the jaw tight, so with your mouth slightly open you 
should achieve a naturally relaxed expression.

So what will happen as you are gently looking into everyone’s soul? Well that depends upon the other persons 
self-image and state of mind. You will get a few different reactions:

1) **They will look away quickly as to hide themselves from being seen.** This is usually a person who has a lower 
self-image and wants to move throughout the world avoiding any sort of commotion or conflict. They are 
basically submitting to you and your confidence. Those that have the lowest self-image will break eye contact 
by looking down rather than to the side. (Never do this…ever!!!)

2) **They will dismiss the interaction as unimportant.** This action can look similar to the previous, but the key 
difference is that it is not coming from a place of submissiveness. There is usually slightly longer contact 
followed by a release, looking away to the side. It is not a knee jerk reaction based in fear but rather a more 
intentional release: “I saw that, but it doesn’t really interest me.” This is not necessarily rude or disrespectful but 
rather simply our brain’s process of filtering out information in our overly stimulating world and avoiding 
having to assess and interact with strangers.

A more discreet variety of this is the instant dismissal. It looks similar to the quick look away in speed, but feels 
distinctively different because it saying “I don’t want to deal with this” rather than “I’m feeling insecure”. The 
person dismissing quickly averts their gaze straight ahead or to the side, rather than by looking down. Women, 
especially women accustomed to getting looked at, frequently use this tactic. These women realize they cannot 
possibly interact with every man that shows interest in them (or feel they can’t because of their relationship 
status), so they must dismiss him to avoid further engagement. This is both a time management tool as well as a
way to filter out less-worthy men who won’t have the courage to push forward further. (Don’t hold it against them…if you were a woman you’d do the same thing to avoid the gaggle of guys vying for your attention.)

3) **They will hold your gaze.** They are willing to engage you in this non-verbal conversation and will look right back at you. How long they hold it will depend on their level of comfort with the interaction. Eventually the pressure to disengage will continue to escalate until one of you surrenders to the intensity. Your goal here is to not be the one who caves. Occasionally you will come across someone who will also refuse to break contact. Here interaction becomes a game of dominance, eliciting those evolutionary hardwired behaviors out of you both.

If you are engaging another man, prolonged eye contact feels very aggressive. In order to relieve this aggressive tension crack a smile, nod and say “how’s it going?” Once you do that they will engage you back in a friendly way, recognizing that you are like them…another confident alpha man. You have basically earned their respect in the moment.

If you are engaging a woman, her prolonged eye contact is either a test of your dominance (“Is he really that confident?”), or she is already enamored enough with you to show her interest by maintaining the gaze. The important thing is to not the break eye contact first in either case. Instead you can ease up the intensity and make her more comfortable with a sly smile, but if you release your gaze first you just communicated to her you are either not interested in her or are not confident enough to handle her. Of course the corollary of maintaining the eye contact is that you have just showed her you are that alpha man that is confident enough to handle her. She’ll let you know you passed her test by opening up to you and smiling. The hard work is now done and she’s hoping to connect with you more, so by all means say hello and see what happens!

Next time we’ll further discuss using eye contact as a means of sparking and building attraction. Until then get out there and start speaking with your eyes. Be sure to let me know what you discover. At best it has the potential to change your life!
Eye Contact Part 2: The Secret Language of Attraction

We’ve all seen it before. Two people meet eyes across a crowded room. All the distractions of the environment seem to fade out. The focus on each other is intense. A Carpenter's song starts playing in the background. This is Hollywood’s cliché way of reproducing a moment that happens a million times a day all across the world. Yet when it actually does happen to us it feels magical and exclusive, a moment destined to be. What many of us don’t realize is that this moment is happening all the time, only we fail to recognize it.

Eye contact is traditionally how people first reveal their attraction towards each other. Sure there are plenty of interesting and clever, if not cheesy ways to meet that stranger we are attracted to, yet a dance of intimate glances followed by a basic introduction is still how most people connect. It works just as well today as it always has, and why shouldn’t it? The attraction mechanisms in our brains predate internet dating, singles mixers, happy hour, nightclubs, pickup lines, dowries, or even language by a long shot. Sometimes simple, tried and true traditions work best.

Why does eye contact work so well for attracting a mate? From a woman’s perspective your eye contact is the first revelation into your character, and more importantly your confidence. As we know, confidence is at the top of the list of traits women find sexy and attractive, but how are they able to accurately determine whether or not you have it? Confidence can easily be faked with your words and attitude, but not so easily with its physical manifestations in your body language and non-verbal communication, of which your eyes are a key component. These honest signals...overt yet unconscious traits that are difficult for the possessor to fake...are the “tells” that effectively reveal your internal state. Women recognize these signals and can instantly ascertain whether you are genuinely confident or simply faking it. Of all these honest signals, strong eye contact is arguably the quickest and most reliable in assessing a man’s confidence. If your mediocre eye contact reveals that you are awkward or insecure it won’t matter what you say to her...she knows everything she needs to and already put you into the “just friends” category at best. However, if your eyes reveal a strong, calm confidence then the interaction can take a very different turn.

A man that can hold the intensity of direct eye contact is attractive because he is rare. Most men will cave to the tension and look away, as strong eye contact is difficult to maintain if you do not have the confidence to back it up (thus making it an honest signal). If you can hold her gaze and relax into it you are showing her that you’re comfortable with sexual tension, and thus have the confidence to handle her. At times this confidence alone can get women to open up to you and even approach you. I will never forget the first time I experienced this. I was in a bar shooting pool as an attractive gal strolls through the doorway and our eyes immediately met. We both held our gaze as she walked past, all the while turning her head more toward me. By the time she was about to run into a wall she does this huge U-turn in the middle of the bar, proceeds to slink right up into my arms and asks me what my name was. My friend looks up from his shot and starts scratching his head wondering what the hell just happened! It looked and felt like a powerful electromagnet was pulling her in, and all I did was hold her eye contact. No fancy lines or tricks...just a display of relaxed masculine confidence.

While most women will not approach you, or even lock eyes with you for that matter, they will make it known when they are interested in you. This happens far more often than most men think. Women are not only much more sensitive than men to the subtle emotional cues and nonverbal signals of others, they also have the ability to read social situations like Zen masters. For this reason they are very subtle when sending their own nonverbal communication. The disconnect here is that most men are not sensitive to reading these signals and commonly misinterpret social cues. What seems like a rescue flare lighting up the sky to a woman often barely makes a blip on most men’s radar. (Yes ladies, many of us are that oblivious!) The good news is that a little awareness
goes a long way, and if you start looking for the subtle eye contact cues women are already sending you a whole new realm of possibilities will open up. What exactly do these cues look like? With most women, she’ll meet your eyes with a slightly held glance, usually no more than a second or two, followed by her disengaging to release the tension created by the fact that you are strangers. What happens next is the most significant piece of the interaction: within the next 45 to 60 seconds she’ll look back at you. She does this as soon as she feels secure that the tension has cleared away, and more often than not you will look back at the same time and catch her eyes. This natural rhythm created in your glances is the two of you simultaneously feeling the tension dissipate, with you both going in for a second look once it has faded. At this point her expression will tell you if she wants to continue the interaction. Sometimes she will not be able to for various reasons…she’s with her boyfriend or children, married, doesn’t have time or is simply too nervous. It is up to you as a man to recognize what she is feeling and act accordingly. If she gives you the same look of curiosity (or an even more inviting one) this is the equivalent of her flashing you a big green light while shouting “Come over here and talk to me…I’m intrigued!” Few women go further out on the limb than that and rarely give out a third or fourth chance; to them this nonverbal communication couldn’t be clearer. By not approaching you essentially are rejecting her while simultaneously telling her “I’m not confident enough for you.” Many women use this as a way to filter men out, because they want a man who is not only confident enough to act in the face of this social pressure, but also sensitive enough to read her emotions. This is the socially programmed archetypal meeting that so many women have been imagining since they were little girls, the very same one that sells millions of movie tickets and romance novels every year. It also is the standard that you are being evaluated against.

Here are a few guidelines to increase your success in connecting via eye contact:

- **It’s not about the words.** Nonverbal communication is far more important than the words you use, for it is the context of your word’s content. This is especially true when talking to women because of their higher capacity for reading emotional cues.

- **Always be relaxed.** If you are not relaxed and don’t look somewhat friendly, you’ll come off as creepy and look like a stalker. The easiest way to avoid this is to smile. I myself prefer a half-smile, as it adds a hint of mystery and doesn’t release all of the sexual tension…all of which are good things.

- **Congruence counts.** Even though eye contact alone is very powerful, if the rest of your body language is not congruent with your confidence you will be sending very confusing mixed signals and look sketchy.

- **Keep your eye on the prize.** Avoid breaking eye contact first when possible. If you have to, never do so by looking down. This is a very submissive move and thus entirely unattractive. Shyness can be cute in the movies, but it rarely works in real life.

- **Lose the shades.** You can’t interact with another’s eyes if they can’t see yours in the first place. Many of the hottest women intentionally wear large dark glasses to keep guys from approaching them, so ladies, if that is not your intention this applies to you doubly so!

- **Take action despite doubt.** You think that cute gal there gave you a look, but you can’t be sure. Odds are your self-doubt is calling the shots here and keeping you from what you want. Act in the face of your fear and you will gain even more confidence as the payoff, even if you are wrong (and chances are you are not!)

The lesson to be learned here is that if you pay attention, pick up on these signals and approach the women who are giving you the green light then your success with meeting women will skyrocket. There are women out there already saying “yes” to you with their eyes. This is the secret language of attraction…you just have to be open and aware enough to be receptive to it and act on these invitations. Once you do the world will begin to look like a much better place!
Eye Contact Part 3: The Look of Love

In the past two posts we’ve discussed using eye contact in the context of building interpersonal connections and creating attraction with others that we don’t know. Today I want to discuss using eye contact to amplify the attraction and emotional bond you already have with those you care about. The techniques here can be used very effectively to build intimacy, trust and love with anyone you know and like, but are especially powerful when used between you and your intimate partner.

The eyes have perhaps inspired more poetry and prose than any other subject, specifically because they are so closely tied to intimacy and our perceptions of love and passion. The sheer number of metaphors dedicated to the eyes filling volumes of pages certainly attests to the universal emotional power that they evoke. But there is truth in fiction here: academic studies have consistently shown eye contact to be the single most common theme in accounts of people falling in love across a variety of cultures. It seems that people all across the world get lost in the eyes of their lovers during moments of passion, blissfully swimming in the tide of emotions they see within them.

The fact is that eye contact between two lovers is the foundation of the dance of intimacy. For this reason it is crucial to nurture this connection in your intimate relationships. The more eye contact you have with your partner, the deeper the intimacy will develop. If eye contact is neglected however, intimacy will slowly diminish and eventually be starved out altogether. Just like your physical body, relationships need to be fed and tended to, and eye contact is the nourishment that allows relational intimacy and connection to blossom and flourish. The most effective way to nourish this intimacy is to take the time to practice deliberate prolonged eye contact.

Deliberate prolonged eye contact is not only a great way to build intimacy, but it also will tell you where both you and your partner are at in your connection. The eyes don’t lie. Despite any attempts to conceal your emotional state of mind, your eyes will reveal exactly where you are at and manifest that emotion physically. This is especially true when it comes to intimacy. If you desire greater intimacy you will naturally tend to look more into your partner’s eyes. Inversely, if you are looking to create separation or distance from your partner, your eyes will naturally avoid prolonged direct contact. The bottom line here is that if something doesn’t feel right while gazing into your partner’s eyes, you both will be able to sense that there is something off in your relationship.

The most important element of intimate eye contact is presence, for without it intimacy cannot survive. Presence is simply your full attention and awareness on the moment without thought or judgment. This means not being self-conscious or “in your head”, which by default is analysis or judgment. (Men are particularly guilty of this.) Your presence is the greatest gift you can give your partner, especially one who is in their feminine side, as the feminine thrives on and is nourished by the undivided attention of the masculine. Even when someone is physically present they may not be psychologically present, and their eyes reveal this subtly, appearing emotionally flat and lacking vitality in their gaze. Humans are wired to pick up the subtle cues determining a person’s attention level, and women are much more attuned to these cues than men are. If you are not present with her she will know it and she will feel neglected and alone, but when you are wholly in the moment with her she will blossom like a flower and the pathway to intimacy will open up for you both.
When gazing into the eyes of your loved one, ideally you want to primarily focus on their left eye. The left eye is linked with the emotional center of our brain and the right eye is linked to our thinking region. This is because each eye is connected to its opposing hemisphere: left eye to right hemisphere and vice versa. (Traditionally the right hemisphere is considered our emotional/creative side and the left our logical/analytical side. Despite that this view of the brain’s lateralization is considered to be highly simplified and controversial, it still works well for our purposes here. Let’s leave the debate to the neuroscientists.) I’ve seen a lot of advice suggesting that you want to look into someone’s right eye, especially when meeting them for the first time and in the context of business and sales. The argument is that by doing this you are not invading their comfort zone by looking directly into their emotional center. In my experience you actually are much better off looking into their left eye or not focusing on either eye in particular, as looking into someone’s right eye can feel adversarial if not downright aggressive. This is especially heightened when looking at someone of the same gender.* (See note below) When you look into the left eye you are tapping into all of that person’s emotional experience, going back as far as when their parents looked at them lovingly in the crib. The positive emotions they carry from their past will be transferred toward you, thus resulting in greater intimacy. This is magnified even further if you already have a connection with them.

**Exercise: Intimate Eye Gazing**

The following exercise comes from Michael Ellsberg in his fascinating book “The Power Of Eye Contact”, an in-depth look at human eye contact in a variety of contexts. It is a very powerful tool that couples can use to build and maintain intimacy and I urge you to try it with your chosen partner.

It is important to bear in mind that if there already is not reciprocated attraction between the two of you this technique will not work. It will not create attraction and connection out of thin air, but rather simply amplify it. On the other hand, if there is attraction already established between you and your partner (even if it’s relatively limited), this exercise can really rev things up, so be prepared!

1. **Get private.** Find a relatively isolated place where you both can get close enough to have each other’s sole attention. If you are in a public place where this is not possible use your body positions to isolate yourselves from the surrounding environment.

2. **Lower the lights if possible.** The pupils will expand in the low light to take more of each other in, plus it’s easier to focus on your partner when there is less attention on the environment.

3. **Gaze softly.** The idea is not to burn a hole in your partner’s brain, but rather take them in and appreciate their presence. To do this, simply relax your facial muscles and your focus will follow.

4. **No talking, just gazing.** Your instinct may be to laugh a bit at first to release the tension, but stick it out and give in to the meditative state of looking into your partner’s soul. Like meditation, let your thoughts pass through you rather than lingering on them.

5. **Breathe slowly and deeply.** You want to relax into this experience and not hold onto any tension. If you are relaxed your partner should begin to follow suit. You may even find that your breathing will start to synchronize.
6. **Don't judge.** As the sexual tension builds and energy emerges from the connection you will begin to feel closer to your partner as you see their humanity. Simply perceive all that they are, allowing any thoughts and emotions that surface to pass through you without dwelling on them. You may see another side of your partner as they allow you into their own vulnerability. For this reason it is extremely important that you do not judge what you see and feel. That action will block any potential for the intimate connection to flourish.

7. **Appreciate.** Once you have eliminated any judgmental thoughts, focus on appreciating your partner. At first appreciate nothing more than who they are, as they are. From there start seeing the traits in your partner that they most wish to be appreciated for, the deep qualities of their heart rather than any superficial desires, and honor that part of them. Your appreciation for them will help you become even more present and create a positive feedback loop that will supercharge your connection.

Take just two or three minutes out of your busy day to practice intimate eye gazing with your partner. Every day upon waking is ideal, but even if it only happens a few times a week you will experience a powerful emotional bonding. Considering the value most of us place on our primary relationships (as well as the amount a grief we feel when they are not functioning properly) this is a very small investment compared to the rich rewards of intimacy, trust and love you receive in return.

*Don’t believe me? Try this quick exercise with a friend. Line up at an arm’s distance facing each other. Look into each other’s left eye for 10 to 20 seconds and notice how that feels. Once you have that assessed, quickly and simultaneously switch eyes so you both are looking in each other’s right eye. You should feel a vastly different emotion almost immediately. I’ve heard it described as icky, intense and weird, but whatever you feel it certainly will not be warm and fuzzy!*
Dominant Eye Contact: How to let your eyes do the talking...

MAKE DELIBERATE EYE CONTACT.

It doesn’t sound hard, but I’ve seen more than one guy dance around looking a girl in the eyes while talking to her. Don’t let your eye contact be accidental, don’t look to see if she’s looking into your eyes first. Be deliberate. Look her in the eyes even when she’s not reciprocating, this is a sign of dominance and comfort. Make sure to break eye contact every now and then because it will get weird after a while (assuming you guys are just talking, if you are escalating with the women, then strong prolonged eye contact is key).

Some guys get nervous and look away if they notice that she’s looking away. To break eye contact because of this is usually a bad thing; if you are talking to a girl and she’s avoiding eye contact with you its because of one of two reasons.

1) You came on too strong, and you’re creeping her out. Don’t sweat it if this happens, we’ve all had those moments. Just continue on assuming the best if you’re uncertain and excuse yourself politely if you know its your fault.

2) You came on strong and dominant, and now she’s really attracted to you. When a women finds you attractive she’ll go through the exact same emotions that you go through when you’re around a super hottie. She might avoid eye contact, trip over her own words, and be nervous because she’s worried that she might blow her chance with you.

Now the major thing to ensure that you’re in situation 2 all the time is to be COMFORTABLE with eye contact.

BE COMFORTABLE.

To make your eyes alone have the penetrating effect on women you’d like them to have, you have to first control yourself. You need to be relaxed, and comfortable despite the social pressure you may be feeling during the interaction. Fidgeting and shaky body language are going to make it hard for the girl to focus on your eyes, and that’s where the magic is going to happen, so take time to practice being very still and comfortable while making eye contact with people. Practice with all people first and in time you will be completely comfortable with making eye contact with beautiful women.

Another thing you guys can try to make yourselves more comfortable with eye contact-do this at your own discretion-is to go out for a night and make it your goal to hold strong deliberate eye contact while saying something that usually makes you uncomfortable. When you’ve locked eyes with people, you have no place to run. Usually people look away to say something that they’re nervous about. Forcing yourself to say things like
this while locked in eye contact are going to desensitize you to the inherent pressures some people feel about holding good eye contact and make you more relaxed in talking about mundane topics.

**HOW TO BREAK EYE CONTACT.**

One of the biggest problems guys have with eye contact is feeling that they didn’t come off as alpha during the eye contact. This usually has something to do with the way they broke the eye contact. There are three ways to break eye contact and each one has it’s own instinctual meaning.

1) You can break eye contact by looking down.

This is what the majority of guys out to meet women do, and they wonder why they feel bad about it. Breaking eye contact downwards is a sign of SUBMISSION. We look down when we are being scolded, we look down when we were in trouble as kids, we should not be breaking eye contact downwards with women we intend to charm. To break eye contact down tells the girl that you clearly dont think of yourself as good enough for her, and immediately all the attraction and tension you built up with your dominant eye contact disapears. Are you shooting yourself in the foot by doing this?

2) You can break eye contact by looking to the side.

To break eye contact to the side is a sign of neutrality. It is the way you want to be breaking your eye contact with 99% of the women that you encounter. It doesn’t show any dominant traits in you to break it this way, but it shows that all your deliberate eye contact and comfort aren’t just an elaborate front being put on by a submissive beta male.

3) You can break eye contact by looking up.

This is what most women do when the average guy tries to make eye contact with them accidentaly and then looks away. It is a sign of dismissal. You roll your eyes up and communicate to people that you are just too good for them. Again use this with your own discretion, but sometimes it can be helpful with super hotties to break eye contact up every now and then in a conversation, especially if she says things you dont like. This is only effective with the kind of girls that would use it a lot herself. If you do this to a nice receptive girl she’s going to think you’re an asshole, but if you use this technique on a smoking hot babe who thinks shes super exclusive it could build a lot of extra sexual tension between the two of you. A final note of caution; use this only in the beginning and very sparingly, let her work to win you over and then go back to being neutral.
THE RIGHT EYE IS FOR THE BEDROOM THE LEFT EYE IS FOR THE BOARDROOM

When talking business with your associates or potential clients, it is always best to look them in the left eye. The left eye is associated with your right brain—your critical and logical thinking brain. To do this helps to build trust and synergy on the task at hand. When flirting or going for a make out or getting to know a woman it is always best to look into her right eye. The right eye is in direct contact with the left brain which is the more emotional and abstract part of your brain, the part much more conducive to making things sexual.

Look deep into her right eye, be relaxed, hold firm eye contact and break it to the side every so often while holding a conversation and watch as mundane topics like “where she’s from” and “where you work” suddenly build massive attraction and sexual tension between the two of you. Don’t worry about getting it all perfect, just give it a try and feel free to share any experiences or questions you have in the comments section.

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Eyes Body language

The eyes are often called, with some justification, 'the windows of the soul' as they can send many different non-verbal signals.

For reading body language this is quite useful as looking at people's eyes are a normal part of communication (whilst gazing at other parts of the body can be seen as rather rude).

When a person wears dark glasses, especially indoors, this prevents others from reading their eye signals. It is consequently rather disconcerting, which is why 'gangsters' and those seeking to appear powerful sometimes wear them.

Looking up

When a person looks upwards they are often thinking. In particular they are probably making pictures in their head and thus may well be an indicator of a visual thinker.

When they are delivering a speech or presentation, looking up may be their recalling their prepared words.

Looking upwards and to the left can indicate recalling a memory. Looking upwards and the right can indicate imaginative construction of a picture (which can hence betray a liar). Be careful with this: sometimes the directions are reversed -- if in doubt, test the person by asking them to recall known facts or imagine something.

Looking up may also be a signal of boredom as the person examines the surroundings in search of something more interesting.

Head lowered and eyes looking back up at the other person is a coy and suggestive action as it combines the head down of submission with eye contact of attraction. It can also be judgemental, especially when combined with a frown.

Looking down

Looking at a person can be an act of power and domination. Looking down involves not looking at the other person, which hence may be a sign of submission ('I am not a threat, really; please do not hurt me. You are so glorious I would be dazzled if I looked at you.')

Looking down can thus be a signal of submission. It can also indicate that the person is feeling guilty.

A notable way that a lower person looks down at a higher person is by tilting their head back. Even taller people may do this.

Looking down and to the left can indicate that they are talking to themselves (look for slight movement of the lips). Looking down and to the right can indicate that they are attending to internal emotions.
In many cultures where eye contact is a rude or dominant signal, people will look down when talking with others in order to show respect.

**Looking sideways**

Much of our field of vision is in the horizontal plane, so when a person looks sideways, they are either looking away from what is in front of them or looking towards something that has taken their interest.

A quick glance sideways can just be checking the source of a distraction to assess for threat or interest. It can also be done to show irritation (‘I didn't appreciate that comment!’).

Looking to the left can indicate a person recalling a sound. Looking to the right can indicate that they are imagining the sound. As with visual and other movements, this can be reversed and may need checking against known truth and fabrication.

**Lateral movement**

Eyes moving from side-to-side can indicate shiftiness and lying, as if the person is looking for an escape route in case they are found out.

Lateral movement can also happen when the person is being conspiratorial, as if they are checking that nobody else is listening.

Eyes may also move back and forth sideways (and sometimes up and down) when the person is visualizing a big picture and is literally looking it over.

**Gazing**

Looking at something shows an interest in it, whether it is a painting, a table or a person. When you look at something, then others who look at your eyes will feel compelled to follow your gaze to see what you are looking at. This is a remarkable skill as we are able to follow a gaze very accurately.

When looking at a person normally, the gaze is usually at eye level or above (see eye contact, below). The gaze can also be a defocused looking at the general person.

Looking at a person's mouth can indicate that you would like to kiss them. Looking at sexual regions indicates a desire to have sexual relations with them.

Looking up and down at a whole person is usually sizing them up, either as a potential threat or as a sexual partner (notice where the gaze lingers). This can be quite insulting and hence indicate a position of presumed dominance, as the person effectively says 'I am more powerful than you, your feelings are unimportant to me and you will submit to my gaze'.
Looking at their forehead or not at them indicates disinterest. This may also be shown by defocused eyes where the person is 'inside their head' thinking about other things.

**The power gaze** is a short but intense gaze that is used to impose one's will on another, showing power without aggression.

It is difficult to conceal a gaze as we are particularly adept at identifying exactly where other people are looking. This is one reason why we have larger eye whites than animals, as it aids complex communication.

People who are *lying* may look away more often as they feel guilty when looking at others. However, when they know this, they may over-compensate by looking at you for longer than usual. This also helps them watch your body language for signs of detection.

The acceptable duration of a gaze varies with culture and sometimes even a slight glance is unacceptable, such as between genders or by a lower status person.

Non-visual gaze patterns (NVGPs) involve rapid movements (saccades) and fixations while we are 'inside our heads', thinking. Rapid movements happen more when we are accessing long-term memory and fixations more when we are accessing working memory. This is useful to detect whether people are thinking about older events or recent events (or old events that are already brought to working memory).

**Glancing**

Glancing at something can betray a desire for that thing, for example glancing at the door can indicate a desire to leave. Glancing at a person can indicate a desire to talk with them. It can also indicate a concern for that person's feeling when something is said that might upset them. Glancing may indicate a desire to gaze at something or someone where it is forbidden to look for a prolonged period. Glancing sideways at a person with raised eyebrows can be a sign of attraction. Without the raised eyebrow it is more likely to be disapproval.

**Eye contact**

Eye contact between two people is a powerful act of communication and may show interest, affection or dominance.

**Doe eyes**

A softening of the eyes, with relaxing of muscles around the eye and a slight defocusing as the person tries to take in the whole person is sometimes called *doe eyes*, as it often indicates sexual desire, particularly if the gaze is prolonged and the pupils are dilated (*see below*). The eyes may also appear shiny.
Making eye contact

Looking at a person acknowledges them and shows that you are interested in them, particularly if you look in their eyes.

Looking at a person's eyes also lets you know where they are looking. We are amazingly good at detecting what they are looking at and can detect even a brief glance at parts of our body, for example.

If a person says something when you are looking away and then you make eye contact, then this indicates they have grabbed your attention.

Breaking eye contact

Prolonged eye contact can be threatening, so in conversation we frequently look away and back again.

Breaking eye contact can indicate that something that has just been said that makes the person not want to sustain eye contact, for example that they are insulted, they have been found out, they feel threatened, etc. This can also happen when the person thinks something that causes the same internal discomfort. Of course, a break in eye contact can also be caused by something as simple as dried out contacts or any new stimulus in one's immediate area, so it's important to watch for other signals.

Looking at a person, breaking eye contact and then looking immediately back at them is a classic flirting action, particularly with the head held coyly low in suggested submission.

Long eye contact

Eye contact longer than normal can have several different meanings.

Eye contact often increases significantly when we are listening, and especially when we are paying close attention to what the other person is saying. Less eye contact is used when talking, particularly by people who are visual thinkers as they stare into the distance or upwards as they 'see' what they are talking about.

We also look more at people we like and like people who look at us more. When done with doe eyes and smiles, it is a sign of attraction. Lovers will stare into each others eyes for a long period. Attraction is also indicated by looking back and forth between the two eyes, as if we are desperately trying to determine if they are interested in us too.

An attraction signal that is more commonly used by women is to hold the other person's gaze for about three seconds, Then look down for a second or two and then look back up again (to see if they have taken the bait). If the other person is still looking at them, they are rewarded with a coy smile or a slight widening of the eyes ('Yes, this message is for you!).

When done without blinking, contracted pupils and an immobile face, this can indicate domination, aggression and use of power. In such circumstances a staring competition can ensue, with the first person to look away admitting defeat.
Prolonged eye contact can be disconcerting. A trick to reduce stress from this is to look at the bridge of their nose. They will think you are still looking in their eyes.

Sometimes liars, knowing that low eye contact is a sign of lying, will over-compensate and look at you for a longer than usual period. Often this is done without blinking as they force themselves into this act. They may smile with the mouth, but not with the eyes as this is more difficult.

**Limited eye contact**

When a person makes very little eye contact, they may be feeling insecure. They may also be lying and not want to be detected.

**In persuasion**

Eye contact is very important for persuasion. If you look at the other person and they do not look back at you, then their attention is likely elsewhere. Even if they hear you, the lack of eye contact reduces the personal connection. If you want to persuade or change minds, then the first step is to gain eye contact and then sustain it with regular reconnection.

**Staring**

Staring is generally done with eyes wider than usual, prolonged attention to something and with reduced blinking. It generally indicates particular interest in something or someone. Staring at a person can indicate shock and disbelief, particularly after hearing unexpected news.

When the eyes are defocused, the person's attention may be inside their head and what they are staring at may be of no significance. (Without care, this can become quite embarrassing for them).

Prolonged eye contact can be aggressive, affectionate or deceptive and is discussed further above. Staring at another's eyes is usually more associated with aggressive action.

A short stare, with eyes wide open and then back to normal indicates surprise. The correction back to normal implies that the person would like to stare more, but knows it is impolite (this may be accompanied with some apologetic text).

When a person stares at another, then the second person may be embarrassed and look away. If they decide to stare back, then the people 'lock eyes' and this may become a competition with the loser being the person who looks away first. The length of an acceptable stare varies across cultures, as does who is allowed to stare, and at what. Babies and young children stare more, until they have learned the cultural rules.
Following

The eyes will naturally follow movement of any kind. If the person is looking at something of interest then they will naturally keep looking at this. They also follow neutral or feared things in case the movement turns into a threat.

This is used when sales people move something like a pen or finger up and down, guiding where the customer looks, including to eye contact and to parts of the product being sold.

Squinting

Narrowing of a person's eyes can indicate evaluation, perhaps considering that something told to them is not true (or at least not fully so).

Squinting can also indicate uncertainty ('I cannot quite see what is meant here.')

Narrowing eyes has a similar effect to constricted pupils in creating a greater depth of field so you can see more detail. This is used by animals when determining distance to their prey and can have a similar aggressive purpose.

Squinting can be used by liars who do not want the other person to detect their deception. When a person thinks about something and does not want to look at the internal image, they may involuntarily squint.

Squinting can also happen when lights or the sun are bright. Lowering of eyelids is not really a squint but can have a similar meaning. It can also indicate tiredness.

Lowering eyelids whilst still looking at the other person can be a part of a romantic and suggestive cluster, and may be accompanied with tossing back the head and slightly puckering the lips in a kiss.

Blinking

Blinking is a neat natural process whereby the eyelids wipe the eyes clean, much as a windscreen wiper on a car.

Blink rate tends to increase when people are thinking more or are feeling stressed. This can be an indication of lying as the liar has to keep thinking about what they are saying. Realizing this, they may also force their eyes open and appear to stare.

Blinking can also indicate rapport, and people who are connected may blink at the same rate. Someone who is listening carefully to you is more likely to blink when you pause (keeping eyes open to watch everything you say).

Beyond natural random blinking, a single blink can signal surprise that the person does not quite believe what they see ('I'll wipe my eyes clean to better see').
Rapid blinking blocks vision and can be an arrogant signal, saying 'I am so important, I do not need to see you'. Rapid blinking also flutters the eyelashes and can be a coy romantic invitation. Reduced blinking increases the power of a stare, whether it is romantic or dominant in purpose.

**Winking**

Closing one eye in a wink is a deliberate gesture that often suggests conspiratorial ('You and I both understand, though others do not'). Winking can also be a slightly suggestive greeting and is reminiscent of a small wave of the hand ('Hello there, gorgeous!').

**Closing**

Closing the eyes shuts out the world. This can mean 'I do not want to see what is in front of me, it is so terrible'. Sometimes when people are talking they close their eyes. This is an equivalent to turning away so eye contact can be avoided and any implied request for the other person to speak is effectively ignored. Visual thinkers may also close their eyes, sometimes when talking, so they can better see the internal images without external distraction.

**Damp**

The tear ducts provide moisture to the eyes, both for washing them and for tears. Damp eyes can be suppressed weeping, indicating anxiety, fear or sadness. It can also indicate that the person has been crying recently. Dampness can also occur when the person is tired (this may be accompanied by redness of the eyes).

**Tears**

Actual tears that roll down the cheeks are often a symptom of extreme fear or sadness, although paradoxically you can also weep tears of joy.

Weeping can be silent, with little expression other than the tears (indicating a certain amount of control). It also typically involves screwing up of the face and, when emotions are extreme, can be accompanied by uncontrollable, convulsive sobs.
Men in many culture are not expected to cry and learn to suppress this response, not even being able to cry when alone. Even if their eyes feel damp they may turn away.

Tears and sadness may be transformed into anger, which may be direct at whoever is available.

**Pupil size**

A subtle signal that is sometimes detected only subconsciously and is seldom realized by the sender is where the pupil gets larger (dilates) or contracts.

Sexual desire is a common cause of pupil dilation, and is sometimes called 'doe eyes' or 'bedroom eyes' (magazine pictures sometimes have deliberately doctored eyes to make a model look more attractive). When another person's eyes dilate we may be attracted further to them and our eyes dilate in return. Likewise, when their pupils are small, ours may well contract also.

A fundamental cause of eye dilation is cognitive effort. When we are thinking more, our eyes dilate. This helps explain 'doe eyes' as when we like others people, looking at them leads to significant thinking about how we may gain and sustain their attention.

Pupils dilate also when it is darker to let in more light. Perhaps this is why clubs, bars, restaurants and other romantic venues are so dingy.

People with dark irises (the colored circle around the pupil) can look attractive because it is difficult to distinguish the iris from the pupil, with the effect is that their dark pupils look larger than they are. People with light irises make the pupils easier to see, so when their pupils actually do dilate then the signal is clearer to detect, making them more attractive 'at the right time'.

The reverse of this is that pupils contract when we do not like the other person, perhaps in an echo of squint-like narrowing of the eyes. People with small pupils can hence appear threatening or just unpleasant.

**Rubbing**

When a person is feeling uncomfortable, the eyes may water a little. To cover this and try to restore an appropriate dryness, they person may rub their eye and maybe even feign tiredness or having something in the eye. This also gives the opportunity to turn the head away.

The rubbing may be with one finger, with a finger and thumb (for two eyes) or with both hands. The more the coverage, the more the person is trying to hide behind the hands.
Eyebrow body language

Eyebrows can send body language. Being near the eyes, which are the major senders of signals, they are highly visible communicators, although the limited control of muscles around them can limit what they say.

Lowered

Lowering the eyebrows conceals the eyes to a certain degree. Particularly with a lowered head, this can thus indicate deception or a desire that eye signals are harder to see.

Lowered eyebrows may also indicate annoyance, perhaps effectively saying 'I am so displeased, I do not want to look at you.' Related to this, lowered eyebrows are a sign of a dominant person.

Raised

When a person is surprised, their eyebrows are often raised. This typically happens as a part of opening the eyes wider, perhaps to see more clearly what is going on. The more the surprise, the higher the eyebrows are raised.

Raising the eyebrows asks for attention from others and can signal general emphasis. When a question is asked and the eyebrows are raised afterwards, this is a clear invitation to answer the question.

Opposite to the dominant lowering of eyebrows, raising eyebrows is may be a submissive move or indicate openness, as it lets the other person see your eyes ('I am not looking where I should not!). Dominance and attractive signals can often be similar and raising eyebrows to expose eyes can also be a signal of attraction ('I'm looking at you, gorgeous. Can you see?').

Raising a single eyebrow is something that only some people can do and can be a bit more wry in its meaning, for example showing cynicism and asking 'Are you sure?' when the other person appears to be talking with limited accuracy.

Middle-raised

By pushing together the eyebrows and pulling up the forehead, the eyebrows can be made to slope outwards. This can indicate relief ('Whew!'). It can also indicate anxiety ('Oh no!').

Middle-lowered

When the middle of the eyebrows are pulled down so they slope inwards, this often shows that the person is angry or frustrated. It can also indicate intense concentration.
**Middle together**

When the eyebrows are pulled together, it can indicate confusion or an attempt to perceive better ('What's that?').

An inverted horseshoe-shaped fold between the brow is known as 'Darwin's grief muscle' and often indicates sadness.

**Up and down**

When we see people we know, we often give a quick single up-down 'eyebrow flash' in recognition and greeting. This is a common signal across all primates, including monkeys and gorillas.

Rapid and repeated up and down movement may be an exaggerated signal, meaning 'Well how about that then!', in the way that Groucho Marx used it.
Forehead body language

The forehead has its place in body language communications, often as a part of a wider set of signals. It is near the eyes and can be looked at without sending other signals (for example looking the mouth can say 'I want to kiss you'), which can make even small movements with it reliably observed and hence significant. Its main limitation is that it can only make a few movements.

If you want to avoid people reading your forehead signals, a way to do this is to wear a hat with a long sun brim and then keep your head down. This is maybe why some gamblers do this.

**Wrinkling**

Wrinkling the forehead is often connected with movement of the [eyebrows](#), particularly upwards, and hence acts as an amplifier of these signals. Raised eyebrows (and wrinkled forehead) indicates surprise or questioning.

**Sweating**

We often sweat more from the forehead than other parts of the body, making it significant in sending moisture-related signals.

Sweating can occur when we are hot, which can come from external temperature, exercise and also inner energy and arousal. A cold sweat can indicate extreme fear and may be accompanied by damp eyes.

**Touching**

Wiping the forehead can be to remove sweat. It typically indicates relief and can be a deliberate exaggeration. It can also indicate fear, even when the person is not sweating.

Touching the forehead happens in the greeting of a salute. This is effectively shading the eyes and says 'You are so wonderful I am dazzled by your brilliance.'

Slowly rubbing the forehead can indicate deep thinking, as if the person was massaging their brain to get it going. Rubbing the temples either side can indicate stress as the person tries to massage away the actual or implicit headache.

The forehead may also be touched as a part of a propping up the head, typically with the thumb touching the side of the face.

Tapping the forehead with an open palm or light fist says 'Gosh, how stupid I am!'
Eye contact is important. Every man should have a basic understanding of what each girl is eye-coding him in any given situation, and it doesn’t take a cryptographer to figure it out. Here’s a rundown, the levels of eye contact:

**Level (-1): No Contact (Intentional)** - Beyond the lowest level of eye contact, this is when a woman is not only not making eye contact with you, but she’s consciously making an effort to NOT look at you. In the heights of sexual intimacy, Level (-1) is subterranean. It’s her way of saying, “Get away from me, creep,” without, you know, actually saying it. This eye contact (or lack thereof) is typically reserved for the horny mouth-breathers who stare at her tits, obnoxious drunk guys in full-on bro-mode, or any other potentially rapist in her vicinity. Level (-1) eye contact can also occur within a conversation. So just because she’s responding to you verbally doesn’t mean you’re out of the gates yet. Put simply, if a woman is intentionally making an effort to NOT look at you, she’s not interested. It’s the anti-intimacy. The non-verbal cue for “give it up…” That or you have some mustard on your face.

**Level 0: No Contact (Unintentional)** - An unintentional absence of eye contact signals a lack of knowledge you exist. It means nothing other than she hasn’t noticed you. Either she’s busy and focusing on something else, or you’re about as intriguing to look at as grandma’s new wallpaper.

**Level 1: Glance (Unconscious)** - An unconscious glance is that moment when a girl looks up at you and then immediately looks away, although she’s not aware of what she’s looking at. It’s basically when her eyes are wandering around and coincidentally meet yours for a moment and then continue wandering. The key here is that she’s not aware of them meeting and therefore nothing is registering to her as particularly interesting or enticing in that moment. Just like Level 0, this level of eye contact is neutral and there’s not much to take away from it. Most people aren’t paying attention to what they’re looking at most of the time.

**Level 2: Glance (Conscious)** – The second level of eye contact is the first type of eye contact where you’ve possibly made a positive impression on her. This is when your eyes and hers happen to meet and then she looks away immediately, except she looks away consciously, whether it be shyness, awkwardness, or disinterest. Body language studies claim that a person who breaks eye contact with you by looking down is intimidated (i.e., attracted) and a person who breaks eye contact by looking to the side is indifferent (i.e., not attracted). I have no idea if this is true or not. But if a girl breaks eye contact with me quickly and intentionally it’s usually a polarized response: she’s either attracted and is momentarily made self-conscious by my presence, or she is uninterested and is avoiding making contact. Most people are not comfortable holding eye contact with strangers, what would signal the interest here is that her eyes were drawn to you in the first place. So it’s not the breaking it so much that is important, what’s important is that she consciously looked at you.

Differentiating between Level 2 eye contact and Level 1 eye contact is subtle and hard to do consistently with any sort of accuracy. Although you do pick up some acuity over time. It’s impossible to ever be 100% certain...
what her intentions or reasoning are, so I assume every woman who makes eye contact with me is attracted until proven otherwise.

A good exercise for guys who are new or shy is to practice never breaking eye contact with people before they break it with you. Walk around all day and make eye contact with people you find interesting or attractive. You’ll feel uncomfortable making eye contact with strangers, but that’s the idea. Keep doing it until it feels natural. It will help your confidence.

**Level 3: Glance and a Half** - Level 3 is the first level where interest is conveyed, ever so slightly. Like the other lower levels of eye contact, the glance and a half is subtle and difficult to notice without a lot of practice. It’s when a woman looks at you and breaks eye contact as she normally does, but she holds the eye contact for a split second longer than is typical. I’m talking maybe 1/4 of a second longer. Whereas Level 2 eye contact may last half a second, Level 3 will last 3/4 of a second. It’s subtle, it’s short, and it’s unconscious. Humans are wired to spend more time looking at things they find attractive, even on an unconscious level. So in her mind, she’s still breaking eye contact with you, but in practice, she’s actually looking at you 50% longer than she would normally.

It took me years to start picking up on Level 3 eye contact. Level 3 happens most often when she is consciously focused on something else, such as on her cell phone or talking to somebody she’s with. She doesn’t realize that she’s looking at you as long as she is. Any eye contact from Level 3 and above will get me to strongly consider approaching her.

**Level 4: Double Glance** – Here’s a good habit to get yourself into once you’re able to maintain eye contact with people walking around. Any time you make eye contact with an attractive girl and she looks away, keep looking at her for another few seconds. A percentage of them will look at you a second time. In my experience, this is a clear sign of physical interest. This almost guarantees an approach from me, and 95+% of these approaches are received warmly.

What’s funny is that even on Level 4 eye contact, most women are not conscious that they’re doing it. I’ve approached women who have looked at me twice in a row and mentioned that I saw them look at me, and they seriously didn’t remember looking at me. I’ve even said, “We did an eye contact thing. We made eye contact like three times in a row, you didn’t notice?” And they didn’t. Just goes to show how most people are off in their own little world not thinking about any of this stuff. Regardless, the unconscious mind is always seeking out things it finds interesting or intriguing, so if her eyes keep falling on you, it’s a sign.

**Level 5: The Gaze** – The gaze is the last level that can occur unconsciously although it’s usually conscious. This is when a woman looks at you and just keeps looking at you past the normal “look away” moment. This is a solid 2-3 seconds of eye contact without her breaking it. This is why it’s so important to get in the habit of never breaking eye contact, because otherwise you’ll miss out on all of the women giving you Level 3-5 eye contact. The gaze is a clear and large sign of interest. You’d be pretty dumb to not approach a woman giving you The Gaze.

But believe it or not, I’ve approached some women who were gazing at me and they were still unaware that they were doing it. This has happened particularly in other countries where demonstrating sexual interest isn’t as taboo.
With that said, I do think that most women who gaze at you for more than a second are at least somewhat aware of it, even if it’s just a, “Oh, he’s cute,” level of awareness. For whatever reason, the gaze happens a lot when walking past a girl. As such, I’ve forced myself into the habit of blurt out “Hi” at any girl who doesn’t break eye contact as I walk past her. The reason is that I used to always walk past these girls and get frustrated that I didn’t have anything to say to them and then get pissed off that I didn’t stop and do something. So now, I just blurt out “Hi” before even thinking. They always say “Hi” back and then you can introduce yourself and start talking. It basically never fails. In fact, approaching off eye contact in this way is so natural that on a few occasions the girls have assumed that they knew me from somewhere and that’s why I was stopping them.

**Level 6: The Smile** – The sixth level of eye contact is The Gaze plus a smile. If the gaze is a clear sign telling you that she’s interested, throwing a smile on top of it may as well be a neon flashing billboard. If an attractive girl gives you Level 6 and you don’t approach her, not only are you an idiot, but you’re probably afraid of women and have some serious anxiety going on. Picking up a girl giving you Level 5 or Level 6 eye contact is exceedingly easy.

**Level 7: The Eye Fuck** – This is a girl who makes eye contact, holds it, smiles, and then never stops. She just keeps staring and smiling, and staring and smiling, sometimes for minutes at a time. Eye fucking is the first level of eye contact that makes the leap from “interested/curious” to “she wants to have sex with me.” Eye fucking doesn’t withhold any intentions. It’s about as much interest as one can possibly display through eye contact alone. If you get eye fucked by an attractive girl and don’t act on it, you’re probably blind or mid-seizure. I can’t think of any other reasonable explanation.

Eye fuckers will often end up approaching you if you don’t approach. Although many of them will give up if you don’t approach for a few minutes and assume you’re not interested. To call picking up an eye fucker easy isn’t really fair to the word easy. Typically any girl giving you this level of eye contact is going to do most or all of the work for you once you approach. It’s your job to just not say or do anything stupid.

Eye Fucking is also the last level of eye contact that can happen pre-approach. Higher levels can only be achieved after interacting with a woman.

**Level 8: The Eye Rape** – Eye rape is being eye fucked but is far more sexual in nature. If Eye Fucking a guy is bold and assertive, Eye Raping is flat out shameless. It’s usually accompanied by her licking her lips, grabbing your ass and can be followed by her muttering the words “Fuck me” in some context or another. Eye rape happens when she’s extremely horny and is more or less ready to have sex right then. Speaking to her is usually counter-productive in these situations and is not recommended. Eye Rape rarely occurs without spending at least 30 minutes with her first, with the notable exceptions of strippers and prostitutes. There’s not anything else to say about eye rape. It’s impossible not to notice. I mean, she’s staring at your crotch and asking where you hotel is, her eyelids are half closed, she’s licking her lips and counting the condoms in her purse. All I can say is if you get eye raped and don’t [get laid](#), you’re either in a coma or gay… perhaps both.
**Level 9: Dreamboat** – The dreamboat happens once a woman has fallen for you. This is when you wake up in the morning to her staring at you with that dreamy smile. It’s the way she looks up at you when you hold her. The dreamboat almost never happens before you’ve had sex with her, and if it does, it’s probably a red flag. Usually it starts happening after a month or two of dating a girl you have a very strong connection with, although it can happen in as little as a couple nights together (or in rare circumstances, one).

Assuming the feeling is mutual, the Dreamboat is amazing. It’s the most validating eye contact a woman can give you. Centuries of literature and million-dollar films have thrived off of what the Dreamboat stare stands signifies. It’s what we humans are obsessed with on some level. And whether we like to admit it or not, it’s what most of us are after in the long-run. So when you find it, enjoy it.

But… if the feeling is not mutual, if the Dreamboat is a one-way street, it’s not always such a pleasant experience. Unrequited love is no fun for anybody. Nobody likes to break a heart and make those eyes cry. Just be honest and upfront, break things off with respect and dignity, and hope that her eyes don’t morph into…

**Level 10: The Crazies** – The 10th and final level of eye contact cannot be explained as much as experienced. When you experience The Crazies, she doesn’t even have to be present to see them. They haunt you. They’re everywhere and nowhere. It’s the girl who wakes you up by banging on your window at 3AM crying that you never called her back. Or the girl who faked being pregnant because she thought it’d get you to get back together with her. Or the girl who carved your name into her arm as a birthday present. They’re the eyes that look at you in earnest when she says she wants to quit her job and move to Tahiti so that you two can be together perfectly alone forever. The Crazies signify delusion, hopeless emotion, and the complete loss of a grip on reality. The Crazies often come with a restraining order.

Men who have seen The Crazies and lived to tell about it, do so with a level of humility and despondence. All men have dealt with their share of women being irrational and emotional. Many men have perhaps witnessed The Crazies for fleeting moments — an enraged girlfriend who ran around at him with a baseball bat, the girl who left him 43 voicemails in one night — and these men pass these stories of insanity around almost as a badge of honor. But the men who have seen the depths, looked into the eyes and seen the feminine insanity, like any true veteran they prefer to keep the pain and horror stowed away in their hearts, not to see the light of day. They say all is fair in love and war, and in certain places and at certain times, the two don’t feel so differently. And like any war story, living it and telling it do neither justice.
The Importance of Eye Contact

How often have you talked with another guy who never looked you in the eye during the entire length of the conversation? Or perhaps he did meet your gaze a few times, but then his eyes shifted back to his shoes or to some point off in the distance.

I’d like to say that the ability to make good eye contact is one of the social skills a lot of young men seem to be struggling with these days, which would be true, but I’ve encountered enough gaze-averting middle-aged men to know that it’s a multi-generational problem. And actually, it’s probably something men have always struggled with—females are on average better at making and holding eye contact than males, and in fact, it’s been found that the higher the levels of testosterone a fetus is exposed to in utero, the less eye contact they make as infants—across genders. Interestingly, the exception to this rule are male babies who have the very highest levels of T; they end up being as adept at eye contact as their female counterparts — alpha babies aren’t afraid to look you in the eye!

But just because making eye contact doesn’t come naturally to us men, doesn’t mean you should just shrug your shoulders and accept this predisposition. The ability to make high-level eye contact is a skill every man should work on, as it has been shown to create some incredible benefits for the gazer. Numerous studies have shown that people who make higher-levels of eye contact with others are perceived as being:

- More dominant and powerful
- More warm and personable
- More attractive and likeable
- More qualified, skilled, competent, and valuable
- More trustworthy, honest, and sincere
- More confident and emotionally stable

And not only does increased eye contact make you seem more appealing in pretty much every way to those you interact with, it also improves the quality of that interaction. Eye contact imparts a sense of intimacy to your exchanges, and leaves the receiver of your gaze feeling more positive about your interaction and connected to you.

In short, making greater eye contact with others can increase the quality of all of your face-to-face interactions; there’s no area of your life where being seen as more attractive, confident, and trustworthy wouldn’t be a boon. Being able to look people in the eye and hold their gaze can help you better network with others, land a job, pitch an idea, make a moving speech, woo the ladies, and intimidate your enemies. It can help a lawyer win over a jury, a boxer psych out his opponent, and a minister connect with his congregants. It can even aid a musician in winning over new fans; studies have shown that the more eye contact a musician makes with his audience, the more they enjoy his music—take note ye members of struggling bands!

And the best part of all this is that improving your eye contact is something you can do relatively quickly and easily. Next week in the second article of this two-part series, we’ll cover all the practical nuts and bolts on how to do that, and offer some really helpful eye contact tips for both general conversational situations as well as specific scenarios.
But today we’d like to begin with an exploration of why making eye contact is so important in forming relationships with other people, and why it can be so hard to do.

**Why Eye Contact Is Vitally Important for Creating Positive Connections with Others**

Why does making eye contact with people have such a dramatic effect in improving their perception of you? There are four main reasons:

1. **Our eyes were made to connect.** It’s easy to see why the eyes of others capture our gaze: they’re free-moving orbs lodged in an otherwise stationary face; eyeballs are really kind of weird when you think about them, aren’t they? But they also grab our attention for a reason that is distinctly human. While our irises and pupils float on a bright white canvas, none of the other 220 species of primates have white in their eyes at all, or at least whites that can readily be seen.

   The whites of our eyes make it very easy for others to see exactly what we’re looking at and notice when our focus changes direction. While primates will typically turn their gaze in the direction a person points his whole head towards, a human infant is more likely to follow the person’s eyes, regardless of which way the person’s head is tilted. Anthropologists think our uniquely human eyes evolved to help us achieve a greater level of cooperation with others, which is helpful in survival and building a civilization. All of which is to say: your eyes were made to communicate with the eyes of other people.

2. **Our eyes reveal our thoughts and feelings.** You’ve probably heard the old expression: “The eyes are the window to the soul.” While that may not be literally true, they do reveal a great deal about what we’re really thinking and feeling from moment to moment.

   Think of all the eye-related expressions we have in our language. We’re seduced by “bedroom eyes,” wary of “shifty eyes,” and afraid of getting the “evil eye.” We’re attracted to people who have “kind eyes” and eyes that “sparkle,” “glow,” or “twinkle,” while we’re repelled by those who are “dead behind the eyes.” When someone is eager and peppy we say they’re “bright-eyed;” when they’re bored we describe their eyes as “glazed over.” Love stories in both fiction and real life very often begin with two pairs of eyes meeting across a room. And Bryan Adams says you can gauge your love for a woman from your ability to see your unborn children in her eyes! Kind of romantic, kind of creepy.

   That we give so much credence to the idea that we can read someone from what’s in their eyes is due to the fact that even when we hide what we’re really thinking and feeling in our body language and facial expressions, it’s often still revealed in our eyes. “The eyes don’t lie” as people say (although good liars can, in reality, get their eyes to fib for them). This is why poker players often wear sunglasses in order to disguise their reactions to the hands they’re dealt.

   The human propensity to look to someone’s eyes in order to decipher what they’re thinking starts very early in life. Around 9-18 months, infants will begin to look to their parents’ eyes to figure out what they’re trying to convey when their face is otherwise ambiguous. And we continue to do this for the rest of our lives.
Finally, we lend a lot of weight to eye contact in our interactions because it’s a form of *simultaneous communication*. You don’t have to take turns expressing yourselves as you do with talking. If you’ve ever had a whole mini conversation across the room with your spouse, using only your eyes, you know how this works.

3. **Eye contact shows attention.** Sociologists tell us that people are starved for attention these days. Despite the fact that we’re more “connected” than ever, folks are hungry for face-to-face interactions and someone to really, sincerely listen to them. This hunger for attention can manifest itself in things like “conversational narcissism.” And if you read our discussion about that social malady from awhile back, you’ll remember that we talked about how you show your attention to someone with whom you are talking by using “support-responses,” such as nodding your head and offering “background acknowledgments” like “mmm’s” and “yeah’s.” Well, eye contact is another form of background acknowledgement—and a very important one at that. It shows the speaker that you’re tuned in to what he’s saying. Think of how crappy you feel when you’re talking with someone and he’s looking all around the room for someone else to ditch you for.

The ability to give eye contact to someone as they speak is an especially powerful tool these days; it has become so common for people to break their gaze to check their phone during a conversation, that giving someone your complete and undivided attention can truly win them over.

4. **Eye contact creates an intimate bond.** When I am performing a task or feeling an emotion, and you are observing me do so, the same neurons that are being lit up in my brain by actually having the experience, are the ones that light up in *your* brain just from *watching* me. This is made possible by the presence of “mirror neurons” in our craniums. And the activation of these mirror neurons is especially sensitive to facial expressions, and, you guessed it, eye contact. Have you ever been hit hard with an emotion after looking into the eyes of someone who was experiencing it? Eye contact creates moments where you are able to really feel what someone else is feeling. It links together your emotional states and creates empathy and an intimate bond.

This is why when we’re interacting as disembodied selves on the internet, it can be very easy to be angry and hateful to people, but when you see someone face-to-face, and look into their eyes, you often can get a sense of their humanity and your anger greatly dissipates.

Getting in-sync with others, sharing our feelings, showing attention, creating a bond: eye contact is truly a powerful tool for connecting with others.
Emotions based on Eye language:

- **Anxiety** - wetness or moisture in the eyes
- **Anger** - eyes glaring and wide open
- **Boredom** - eyes not focused, or focused on something else
- **Desire** - eyes wide, dilation of pupils
- **Disgust** - rapid turning away of eyes
- **Envy** – glaring
- **Fear** - eyes could be wide, or looking downward (could also be closed)
- **Happiness** - "glittery" look to eyes, wrinkled at the sides
- **Interest** - intense focus, perhaps squinting
- **Pity** - heavy gaze to eyes, moisture in eyes
- **Sadness** - tears in eyes, looking downward (also possible sleepless appearance)
- **Shame** - eyes looking down while head is turned down
- **Surprise** - eyes wide open
Dimensions of Oculesics

Oculesics - a subcategory of kinesics, is the study of eye movement, eye behavior, gaze, and eye-related nonverbal communication. The specific definition varies depending on whether it applies to the fields of medicine or social science.

**Dimension 1: Eye Contact**

There are three levels of eye contact:

- Direct eye contact
- Indirect eye contact
- Duration of eye contact

**Dimension 2: Eye Movement**

Eye Movement occurs voluntarily or involuntarily. It can include changing eye direction, changing focus, or following objects with the eyes.

**Dimension 3: Pupil Dilation**

Pupillary response is change in the size of the pupil, voluntarily or involuntarily. This change happens at the appearance of real or perceived new objects of focus, and even at the real or perceived indication of such appearances.

**Dimension 4: Gaze Direction**

Gazing deals with communicating and feeling intense desire with the eye, voluntarily or involuntarily.
About the author

Daryl Lawrence Tan has been studying and doing intensive research and experiments about oculesics, kinesics and basic psychology for almost 1 year. He’s a young entrepreneur, philanthropist and futurist.

His love for Science and Humanity has made him decide to broaden his scientific and intellectual knowledge and at the same time using his resources and gathered information for the improvement of the society.

Being fascinated about the real meaning of life, and the existence of this world, the curiosity and eagerness is what drives him to engage himself in these kinds of topics and studies.

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