

PED 129  
Class 17 – Reading Body Language

Passive Mindset: subject is non-combative

1. Foot stance is shoulder width; feet side by side.
2. Relaxed muscle tone.
3. Hands and arms relaxed; arms in relaxed fold, or hands in pockets.
4. Eye contact is present and attentive.
5. Relaxed facial expression.
6. Verbal tone is relaxed and conversational; voice pitch and volume are normal.

Defensive Mindset: subject is defiant and/or evasive.

1. Foot stance split, dominant foot to rear
2. Weight distribution to rear.
3. Tense body muscles.
4. Arms folded or close to body; arm muscles are tense.
5. Evasive eye contact.
6. Tightened or tense facial expression.
7. Verbal interactions are terse; language may or may not be hostile.
8. Verbal tone conveys tension or hostility; voice pitch and volume varies (may rise).

Aggressive Mindset: subject is considering aggressive action.

1. Foot stance split, dominant foot to rear.
2. Weight distribution is forward.
3. Tense body muscles.
4. Threatening arm gestures.
5. Direct and threatening eye contact.
6. Muscle tone of shoulders, neck, and face is hard and pronounced.
7. Verbal interactions are terse, but language is aggressive and hostile.
8. Voice tone conveys strong hostility; voice pitch and volume tends to rise.