



Invading Personal Space

Invading personal space is seen as an act of hostility.

- **12 feet:** This zone is for the public. The purpose is to avoid physical interaction.
- **4 feet:** This zone is reserved for social interactions such as business settings. Touching requires the individual to move forward.
- **18 inches:** This is a personal zone. It allows contact, and it is reserved for friends and family.
- **6 inches:** This zone is reserved for close relationships. This zone can be invaded in crowds or sports.
- **0 to 6 inches:** This zone is reserved for intimate relationships.



Fidgeting

Most people fidget from time to time. In interviews and social settings, fidgeting can indicate nervousness, boredom, frustration, stress, or self-consciousness. It is an outlet to release feelings or an attempt at self-comfort. Besides emotions, there are a number of other reasons why people may fidget.

Other Reasons for Fidgeting:

- Attention deficit hyperactivity disorder: ADHD is often accompanied by fidgeting.
- Hormone imbalances: These may be accompanied by nervous energy.
- Blood sugar imbalances: Fidgeting accompanies sugar highs.
- Imbalanced brain chemistry: These may increase tension.
- Medications: Steroids and other medications can cause imbalances.



You are always sending signals to other people. These signals come through body language, voice, appearance, and personal distance.

- **Body language:** Body language includes posture, gestures, and facial expressions.



The Signals You Send to Others

