

What Do The Eyes Tell Us?

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Everyone says to use "eye-contact"... What does that mean?

When we look at people's eyes, we are supposed to get information from them. That means that when we watch someone's eyes we can get clues which help us guess at some of the things he or she is looking at and thinking about.

One way we can make these guesses is by looking in the direction the person's eyes are looking.

First look at the iris of the eye to determine the direction of the eye gaze. Then look at what the person is looking at and try to guess what he or she is thinking about. Is that person thinking about you? Someone else? Something else? (This may take some practice!)

Another reason we look at people's eyes and faces is to see the way peoples' eyes, eyebrows and mouths go together to make certain expressions. We call these facial expressions. Facial expressions give us more clues about what a person is thinking and feeling.

Looking at peoples' eyes also lets people know that we are interested in talking to THEM! That is why people say it is POLITE to look in peoples eyes. People want you to listen to them. But it is important to realize that not all cultures think it is polite to look into people's eyes. For example, people from the Asian or American Indian cultures may think it is disrespectful to look into the eyes of an adult. But in the United States, we generally think it shows respect to look at all people's eyes.

