

双语阅读：六个动作让你即刻拥有自信 PDF转换可能丢失图片或格式，建议阅读原文

https://www.100test.com/kao_ti2020/646/2021_2022__E5_8F_8C_E8_AF_AD_E9_98_85_E8_c96_646514.htm 在人与人的沟通中，只有30%的信息通过语言传达，其余70%都通过非语言沟通完成。而非语言因素中最重要就数身体语言了，我们的举手投足，一笑一颦都在向对方传达着关于我们内心世界的信息。

avoid pockets The first tip on our list of the top 10 tips to show confidence with body language is to keep your hands out of your pockets. We put our hands in our pockets when we ' re uncomfortable or unsure of ourselves. And as long as you have your hands stuffed down your pants, that ' s how other people will view you. 十个通过身体语言展示自信的最佳技巧其中的第一个就是不要将你的手插入口袋。当我们感觉不舒适或对自我不确定的时候我们会将手插入口袋中。只要你这样做了，人们就会这样看你。

don ' t fidget Fidgeting is a clear sign of nervousness. A man who can ' t keep still, is a man who is worried, tense and certainly not confident. Your hands can be your worst enemies -- fight to keep them still and steady. You can definitely talk with your hands, but keep your gesticulations calm and under control. Also, when seated, avoid that rapid leg-vibration thing that some guys do (you don ' t want to look like a dog getting his belly rubbed). 做小动作是一种很明显的焦虑信号。一个不能保持安静的人，是一个担忧、紧张和不自信的人。你的手将会是你最大的敌人：（手）会使你难以平静和安稳下来。你可以明确地告诉你的双手，保持你的姿势是冷静并且处于控制之中的。同样的

，当你坐下来后，不要像一些人一样双脚快速的抖动（你也不想你看起来就像你的狗摩擦腹部一样）。 eyes forward
Keeping your eyes level might be one of the trickiest ways to show confidence in body language. When you ' re walking anywhere by yourself, it often feels natural to lower your head slightly and watch your step, but this posture communicates to others that you don ' t want to engage in conversation or interact. And if you ' re not careful, you might get into the habit of doing it all the time. Keep your chin up and your eyes forward, even when you ' re walking down the street by yourself. 在身体语言中，保持双眼目视前方可能是展示自信的最棘手方式了。当你独自行走时，你通常会自然的头部轻微下倾并注意脚下，但这个姿势通常会告诉他人你并不想进行交流或接触。如果你不注意的话，你可能会养成这种习惯。抬起你的下巴，注视前方，即使是你一个人在街上行走。 stand straight Standing up straight is one of the most important of our top 10 tips to project confidence through body language. It can be a challenge especially if you ' ve been a sloucher all your life, but get over it. Standing up straight is perhaps the most important means of communicating confidence. Concentrate on pushing your shoulders back slightly when standing and walking. Nothing major, just a little. That one simple motion does wonders for your posture. Try it in front of the mirror -- you ' ll be surprised how much more confident it makes you look. 笔直站立是我们10个小技巧中最重要的。这是个极大的挑战，尤其你在生活中有点驼背的话，但是去克服它。笔直站立可能是在交流中展示自信的最重要方式。当你行走或站立时，集

中注意力稍微回收你的双肩。幅度并不需要太多，只要一点点。这对你的姿势来说只是一个很简单的动作。试着在镜子前做这个动作，那样你会未你展示出的自信感到惊讶的。

wide steps A confident man will never be described as “scurrying,” “creeping” or “sneaking,” so pay attention to the way you walk. If you want to show confidence with body language you want to take large steps. Wide steps make you seem purposeful and suggest a personal tranquility, which denotes confidence in a man.

一个充满自信的人从不会被描述成“抱头鼠窜”、“缓缓爬行”或是“鬼鬼祟祟”的，因此注意你走路的方式。如果你想通过身体语言展示自信的话，那你步子得迈大些。大步前进使你看起来果断并有个性，这都表示你是个拥有自信的人。

firm handshake Another of our top 10 tips for showing confidence with body language has to do with the firm handshake. There are few things worse than reaching out your hand during an introduction and getting a palm full of dead fish. Don't be that guy. Instead, grip the other person's hand firmly and confidently. If shaking hands with someone you've already met, you might even consider the two-hand grab: placing your free hand on the other person's elbow adds warmth and enthusiasm to the handshake. Just don't get carried away. A handshake is not a contest. Don't try to crush the other person's hand and don't hold on too long.

我们十大技巧中的另一个就是进行有力的握手。几乎没有什么比在介绍时握手就像握住了一条死去的鱼那样更糟糕的事情了。不要成为那样的人。反之，有力的并充满自信的握住他人的手。如果你同之前相识的人握手的话，你可以考虑双

手握住他：将你空出的另一只手置于他的手肘上，这会使得你显得更热情。当然不要得意忘形。一次握手并不是比赛。不要太过用力挤压他人的手，握的时间也不要过长。相关推荐：
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