

A genuine smile is a sure sign of romantic interest.

Body language forms a large part of communication, particularly in romantic encounters. If you suffer with [social anxiety disorder \(SAD\)](#) you might be confused about the signals that a potential romantic partner is sending you. Below are some tips to better understand what those subtle signals and overt gestures really mean.

- 1. Dilated Pupils.** Dilated pupils are an obvious sign of attraction and not one under conscious control. If you meet your date in a place with good lighting, have a look to see if her pupils are dilated. This is a good sign that she is interested in you.
- 2. Open Stance.** Look for open body positions such as uncrossed arms, angling towards you, and feet pointed towards you. On the other hand, if your date's posture is clearly pointing toward the door, it might be time to move on.
- 3. Nervous Movements.** Your date might be nervous for a number of reasons, but nervousness is a good sign that the other person is interested in you and feels anxious to make a good impression. Look for obvious signs of anxiety like fidgeting or downcast eyes. At the same time, don't read too much into this behavior until you know your date's regular personality.
- 4. Eye Contact.** Is your date staring longingly into your eyes? Is a potential romantic interest giving you furtive glances from across the room? Either kind of [eye contact](#) is a good sign that there is interest.
- 5. Playful Fidgeting.** Anything from hair tossing, necktie loosening, to playing with a wine glass can signal interest on the part of your date.
- 6. Smiling.** An obvious signal is if your date smiles a lot and laughs at your jokes. To tell whether the smile is real or feigned, look to see if his eyes change shape. A fake smile only populates the lower half of the face.
- 7. Raised Eyebrow.** Particularly in men, a raised eyebrow indicates romantic interest.
- 8. Closing the Distance.** If your date leans toward you as you talk, chances are she is interested in what you have to say and also in you.
- 9. Mirroring Behavior.** Watch to see if your date mirrors your behavior. When you pick up your drink, does she follow suit shortly after? Does she make the same motions with her hands or move the same way? Mirroring happens naturally and is an indication that two people are getting along and want to know each other better.
- 10. Parted Lips.** Again this is mostly in men; look to see if his lips are parted. Slightly open lips indicate the date is going well.

These are just some quick tips to help get you started with understanding your date's body language. If you suffer with SAD, you will probably be nervous on the first few dates out with someone new. Just remember that the other person is likely nervous too and that it is okay to have first date jitters. If however, you find your anxiety is severely impairing your ability to function when out on a date, or you can't even fathom the thought of dating, it is important to seek treatment for your social anxiety in the form of [medication](#) or [therapy](#).