

FREQUENTLY ASKED:

What is my cat trying to tell me?

As guided by Amy

FOUNDER, NOOSA COUNTRY CAT HOTEL

Tail Swishing Isn't Always Anger

A slowly swishing tail usually means your cat is focusing or mildly aroused. Faster, sharper swishes often indicate irritation or overstimulation. Context is key—look at the whole body, not just the tail.

Mertens, P., et al. (2015). J Vet Behav, 10(3), 194–202.

Ear Twitching Shows They're Listening

Cats rotate and twitch their ears to pick up sounds and signals from their environment. Frequent ear movements show alertness, curiosity or interest. Flattened ears may indicate fear, stress or discomfort.

Heath, S. (2017). J Feline Med Surg, 19(7), 578–586.

Whisker Position Reveals How They Feel

Whiskers forward and relaxed mean your cat is curious and confident. Whiskers pulled back against the face can indicate fear, anxiety or pain. Whiskers help cats 'feel' their surroundings and changes in air.

Carpenter, J. W., et al. (2014). PLoS ONE, 9(1), e85719.

Slow Blinks Are Cat Kisses

When your cat slowly closes and opens their eyes while looking at you, it's a sign of trust and affection. Slow blinking is a positive social signal that helps build and strengthen your bond.

Waller, B., et al. (2018). Anthrozoös, 31(2), 189–202.

Body Posture Tells the Bigger Story

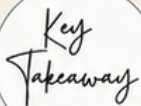
A relaxed body with loose muscles and a neutral tail shows your cat is at ease. Crouching, a puffed-up body or a tucked tail can signal fear or stress. Confidence comes through in a tall, relaxed posture.

Overall, K. L. (2013). J Vet Behav, 8(4), 244–252.

Context Is Everything

No single behaviour tells the whole story. Cats communicate using multiple subtle signals together. Observing the full picture helps you understand how your cat feels and what they need from you.

Finka, L. R. (2019). Cats: Their Behavior, Development and Health. 2nd Ed.



Cats use subtle body language to communicate how they feel and what they need. By learning their signals and looking at the whole picture, you can respond in ways that build trust, reduce stress and strengthen your bond.

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