

BEYOND VERBAL COMMUNICATION

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BEFORE WE START...

- National Coalition for Sexual Freedom
- “The advocacy organization for us.”
- www.ncsfreedom.org



EXPECTATIONS & GOALS

- What do you want to learn in this class?

WHY IS THIS IMPORTANT?

- 85% of your understanding comes from:
 - tone of voice,
 - facial expressions,
 - physical cues
- Only 15% comes from the words themselves



TOUCH

Frequency

Duration

The Clinical-Intimate
Continuum

Context



EXERCISE:

Handshakes

WHAT DOES YOUR HAND-SHAKE SAY ABOUT YOU?

- Palm down = Dominant
- Palm up = Submissive
- Palm sideways = Egalitarian



EXERCISE:

Types of Touch

TOUCHING ANOTHER

- Gender differences?
- Declare intentions with body as well as words.
- When in doubt, use your words.
- Initiating



EXERCISE:

Hugging

INTIMACY INDICATOR

Distance between pelvises

Direction pelvis faces



VISUAL

Posture

Facial Expression

Hand Gestures

Eye Contact



EXERCISE:

Posture

WHAT DOES YOUR POSTURE TELL OTHERS?

- Personality
- Mood
- “Fake it ‘til you make it.”



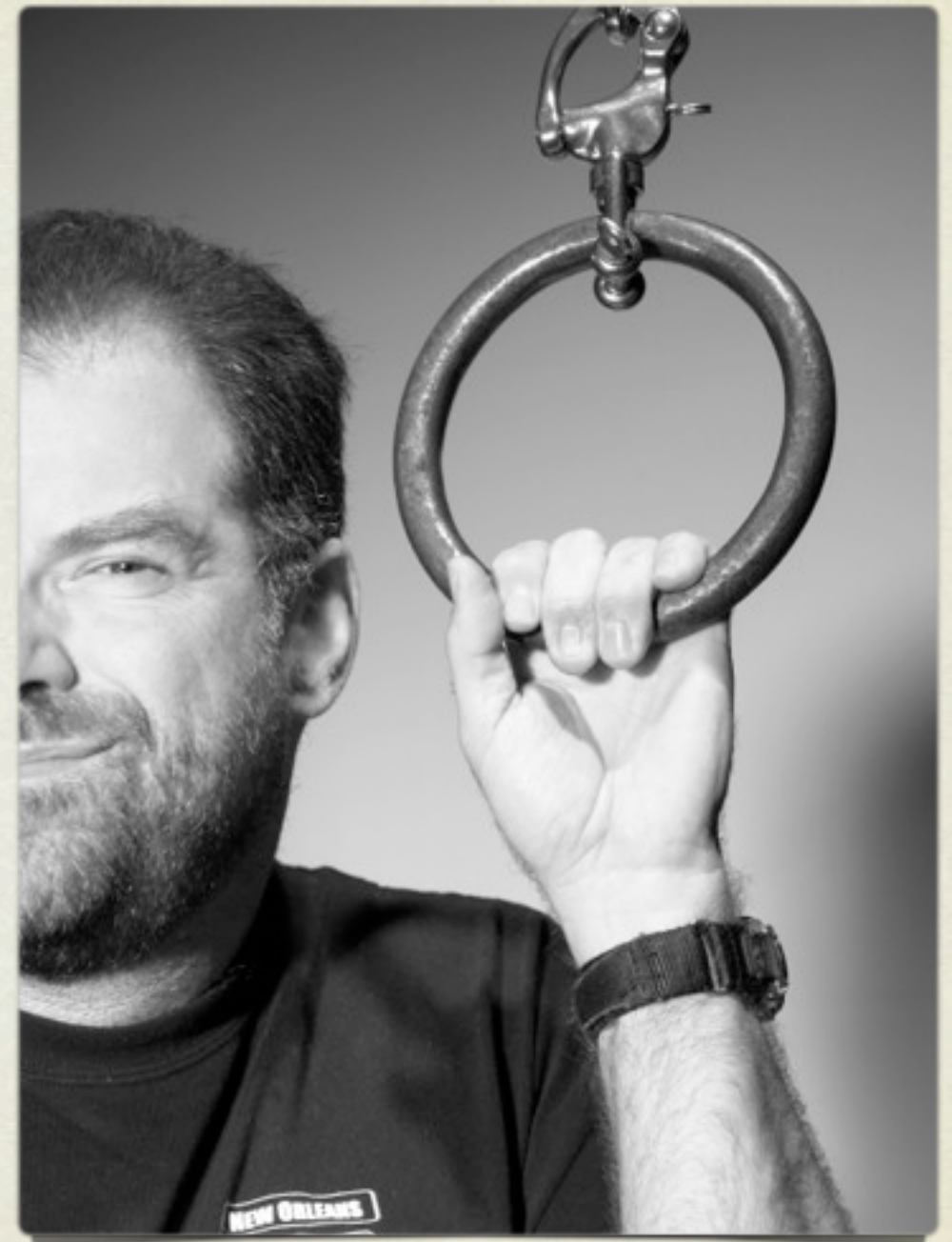
FACIAL EXPRESSION

- Large % of brain dedicated to interpreting faces
- Expressions are cross cultural
- Can match or contradict posture



HAND GESTURES

- Palm up = open, positive impression
- Palm down = oppressive, authoritative
- Pointing finger = negative impression, accusatory



EXERCISE:

Eye Contact

GAZING AND STARING

- Social Gaze: triangle of eyes and mouth
- Intimate Gaze: across eyes, down body, back to eyes
- Power Gaze: triangle of eyes and “3rd eye”
- Power Stare: directly into eyes, no blinking

EYE CONTACT

Conscious

Unconscious



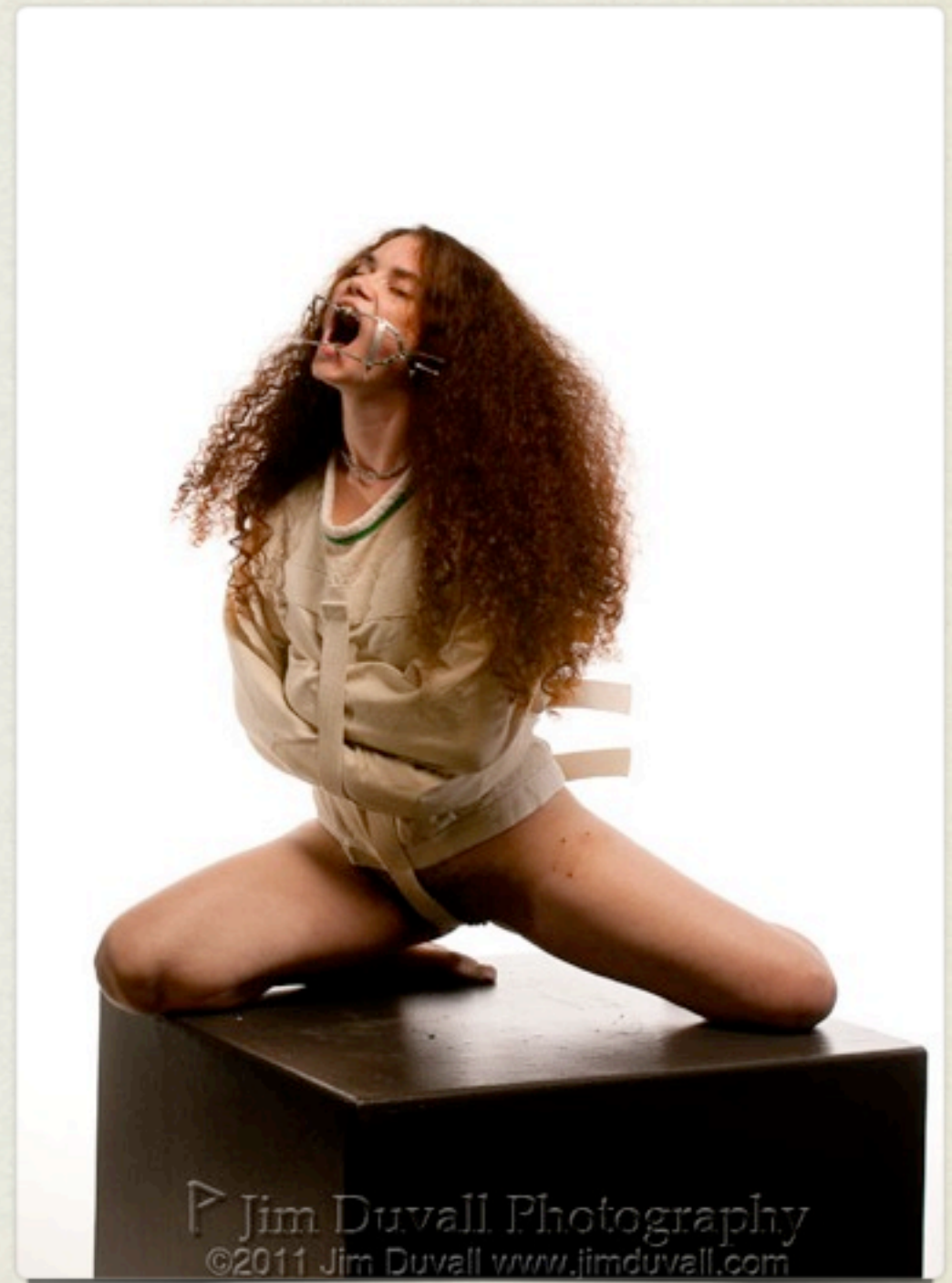
AUDITORY

Tone

Pitch

Inflection

Other vocalizations



DEMONSTRATION:

Professional vs. Intimate Touch

BEFORE PLAY

- Self-Awareness
- Consent
- Acknowledge another's signals
 - Resetting expectations



TIPS FOR NEGOTIATING

- Equality Handshake
- Palms Up
- Mirroring
- Open Body Language
 - no crossed arms or legs



THROW THE RULES OUT

- Negotiating as part of play



DURING PLAY

Can you see your partner's
face?

Bound in a fixed position?

Agreements on
communicating?



PERSONAL VARIATIONS

Non-verbal green?

Non-verbal red?

“Tells”



DEMONSTRATION

Determining when a bottom is ready
for the next...

CULTIVATING “TELLS”

- Ask a friend to observe you playing
- Self-awareness during play
- Making agreement on a “tell” with partner before playing

QUESTIONS?

HAVE FUN!