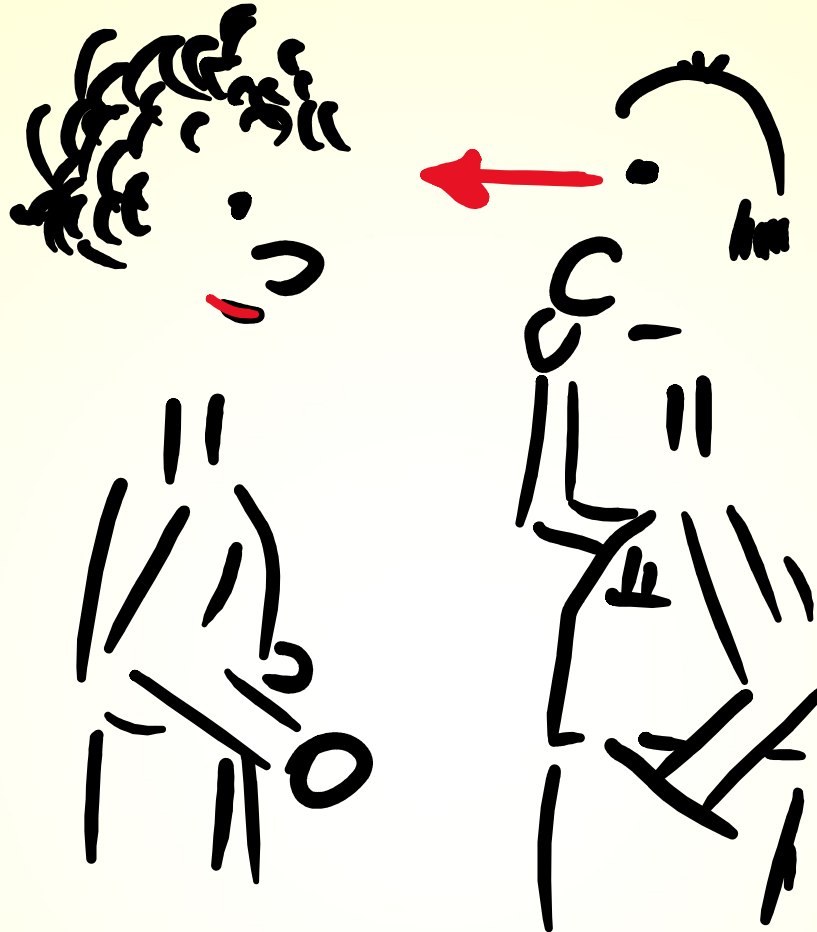


## See being looked at



Realizing, that someone is looking at you, causing changes of your body and mind. Explore them for different lookers and looks. What if you smile?

## See being looked at

For social beings like us, someone consciously looking at us, has effects on our body (tensions, posture, movements) and mind. Thoughts arise about yourself and the other. You may see yourself from his/her viewpoint, body parts tension or relax, posture changes, movement changes, feelings and emotions change. Experiment with a subtle friendly smile suitable for the situation and focus on what changes in your own body and mind. The emotion-driving Amygdala in human brains reacts especially strong when recognizing fearful and angry faces, so expect this trigger and be aware, when triggering others like that.

Nice Videos: [Eye Gazing](#)