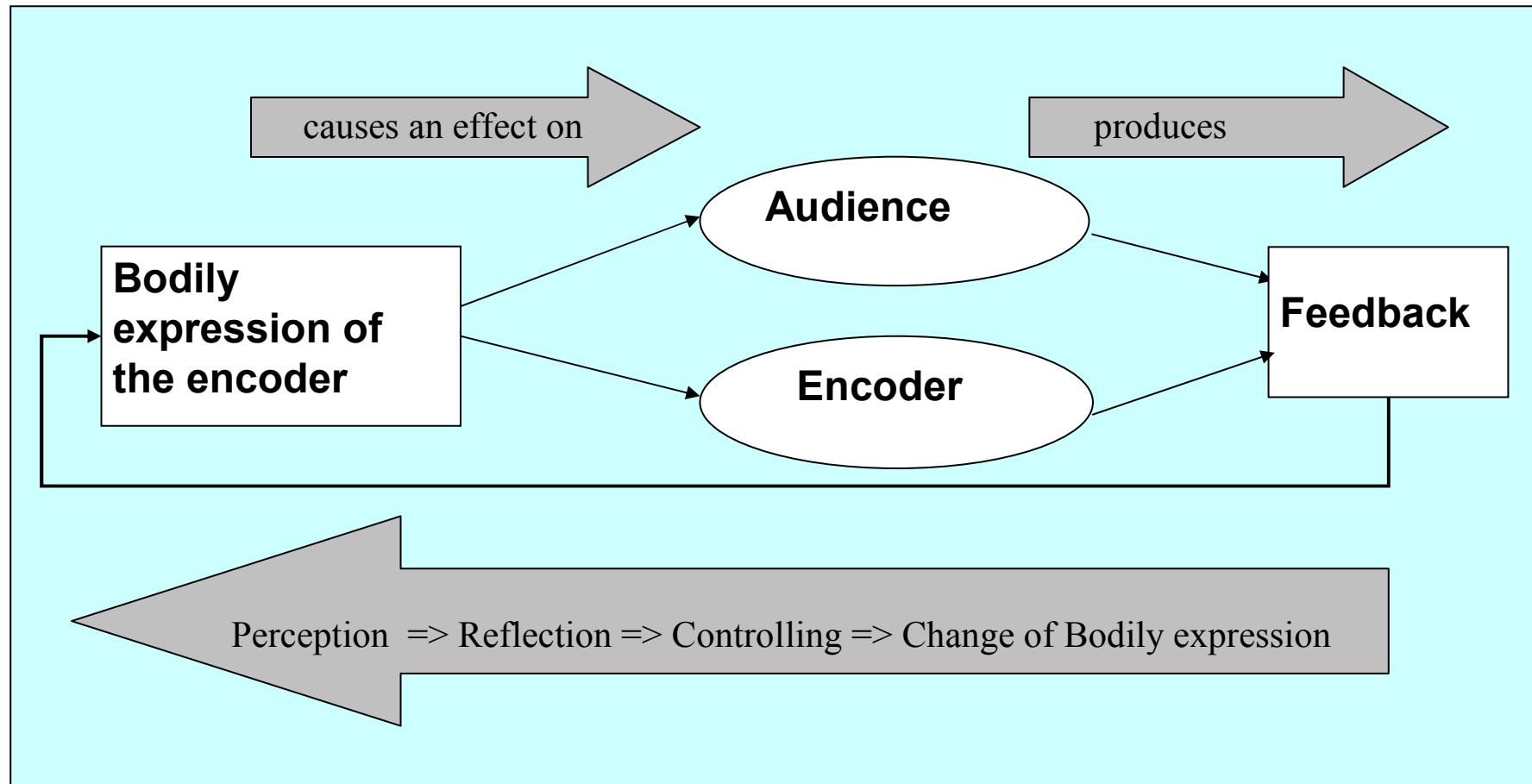


# Bodily Expression:

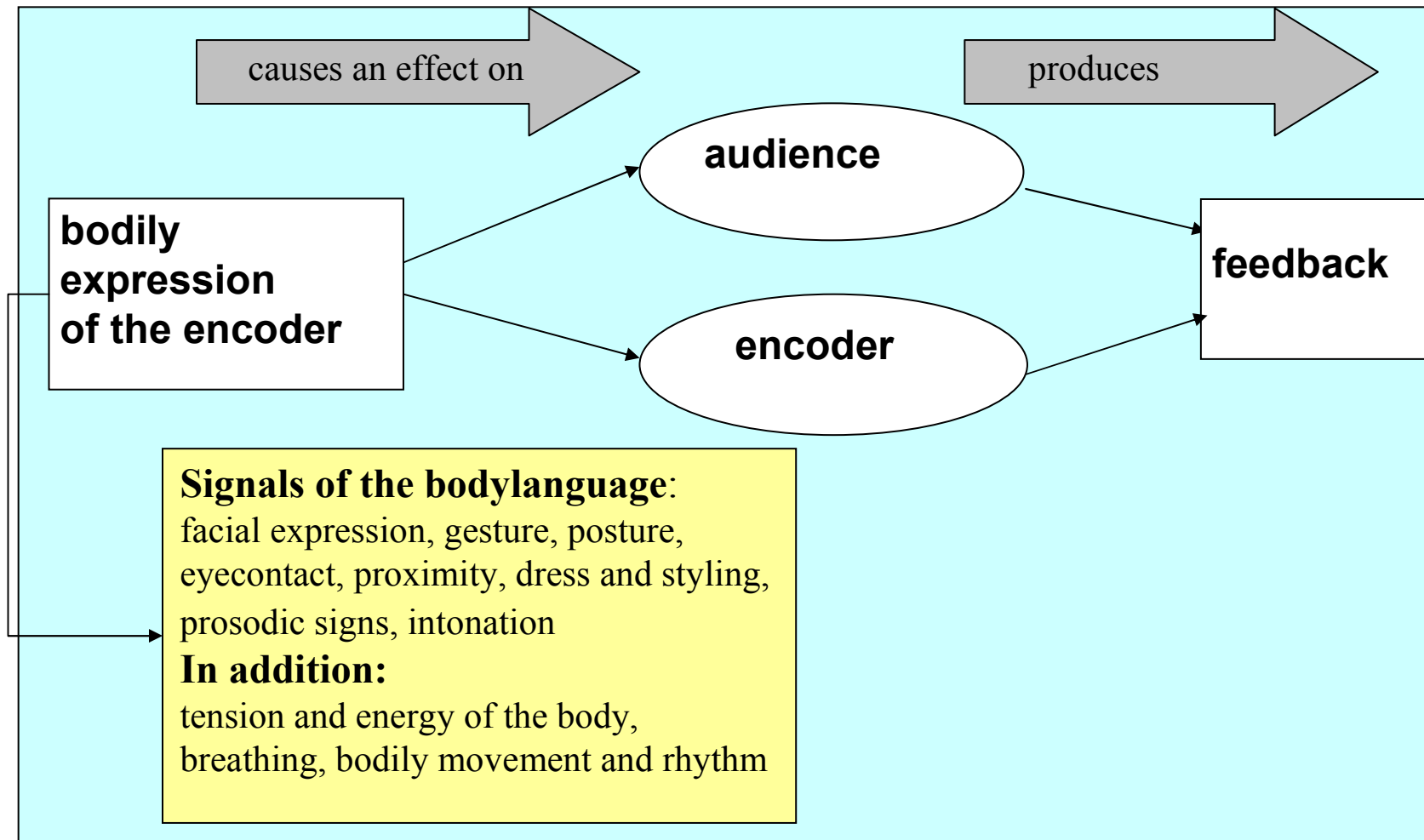
**Selfperception, internal and external effects  
and their meaning for  
communication and interaction**

**Julia Kosinár, Universität Bremen**

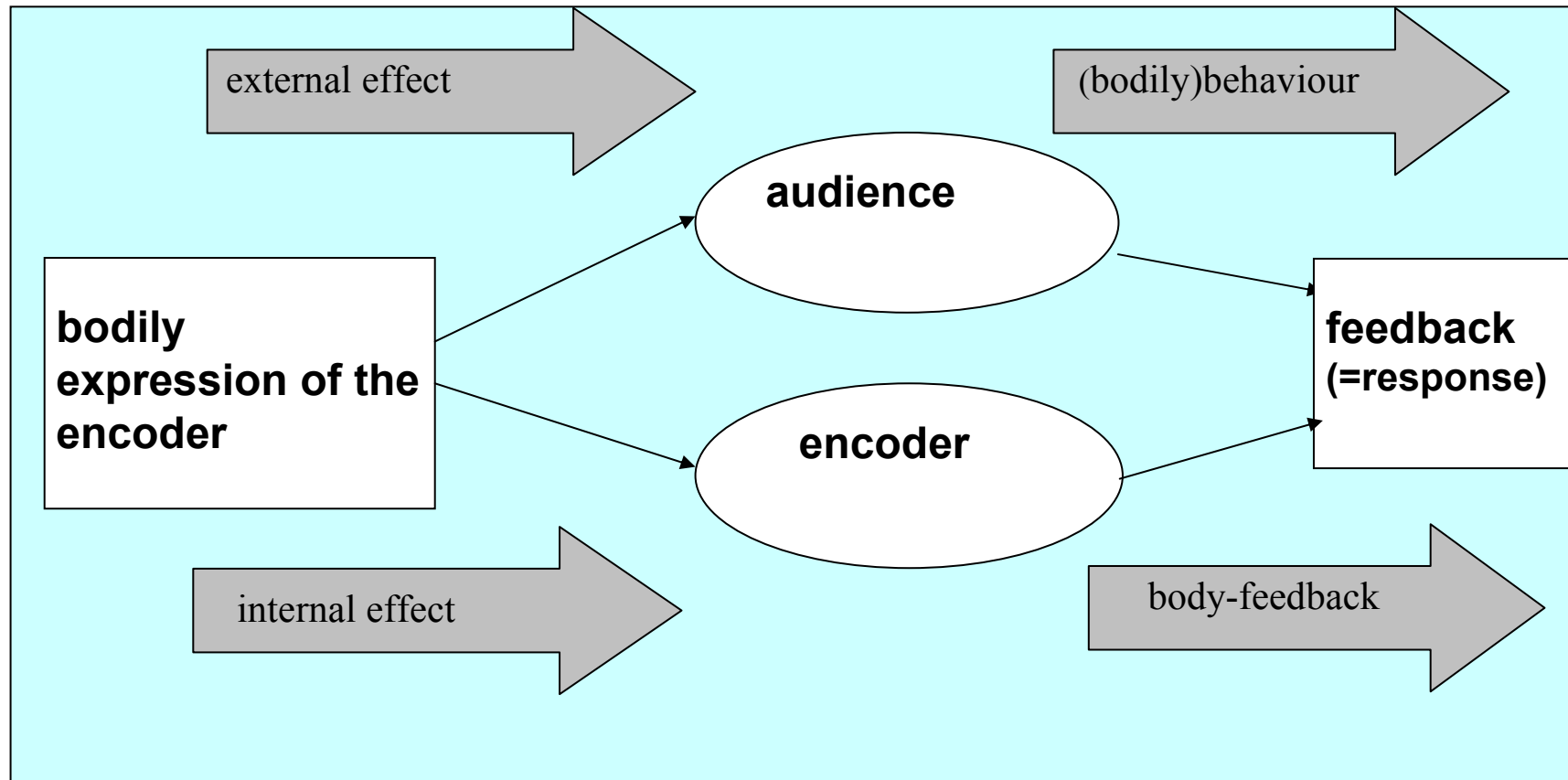
# Circle of Interdependencies



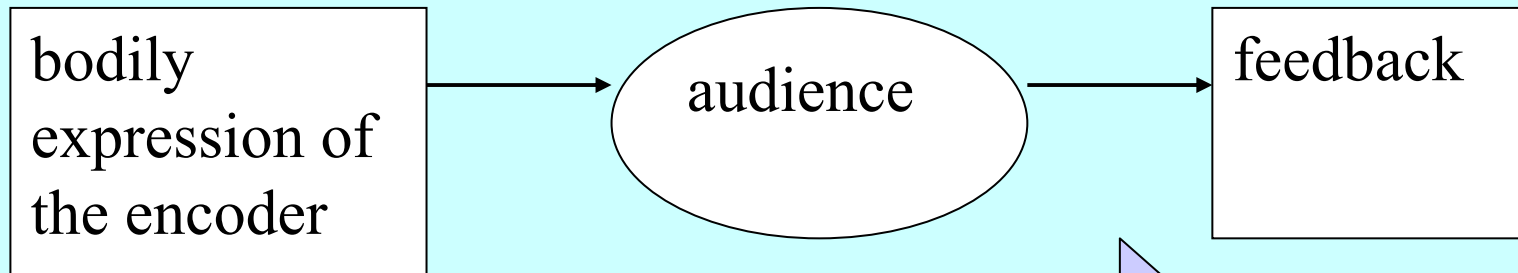
# Signals of bodily expression



# Inter- and intrapersonal effects



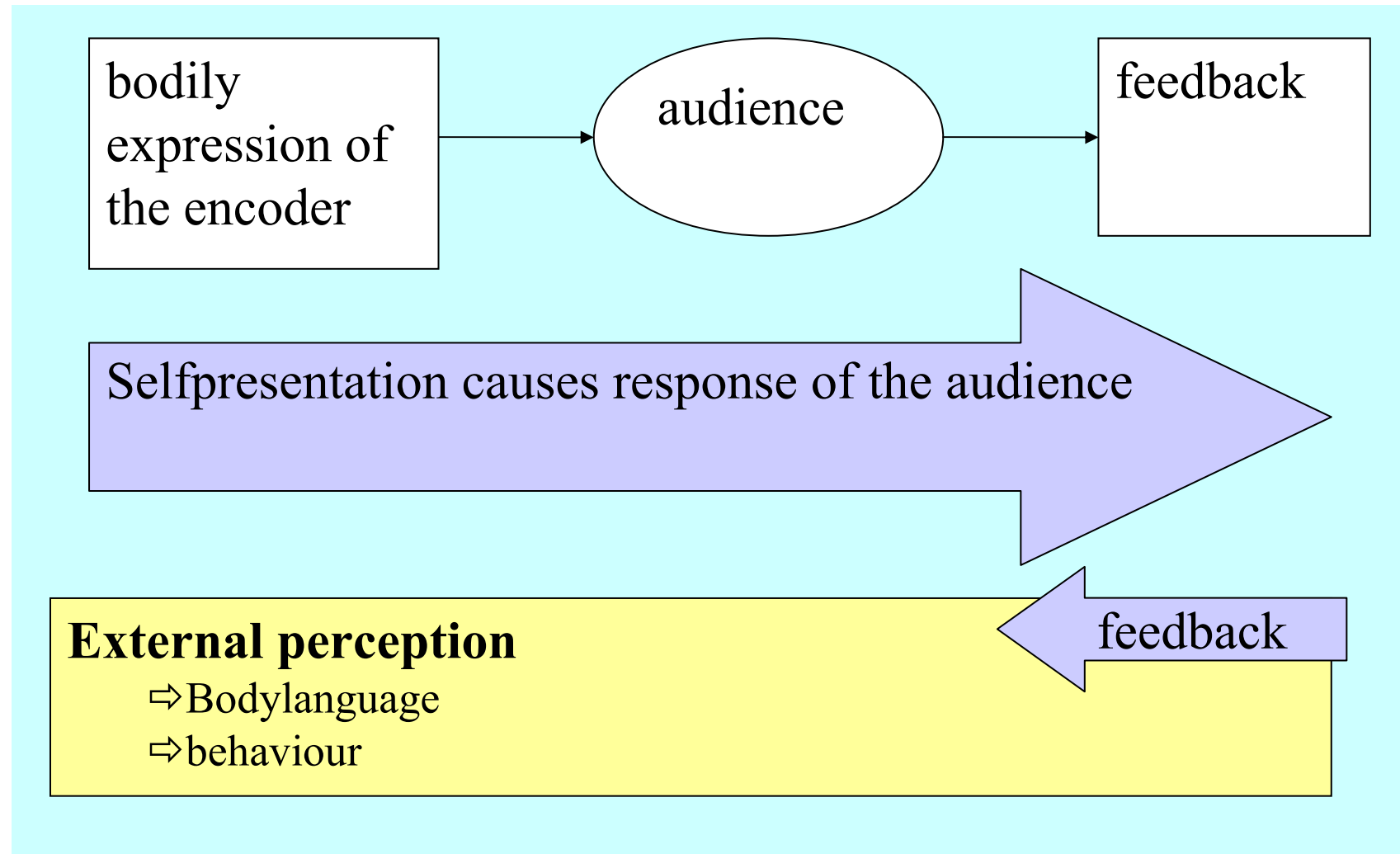
# Interpersonal Interactions



External effect:  
the selfpresentation of the encoder

A large, light purple arrow pointing to the right, positioned below the flowchart. It contains the text "External effect: the selfpresentation of the encoder".

# Interpersonal Interactions



„That`s how I`m standing when I`m depressive.“



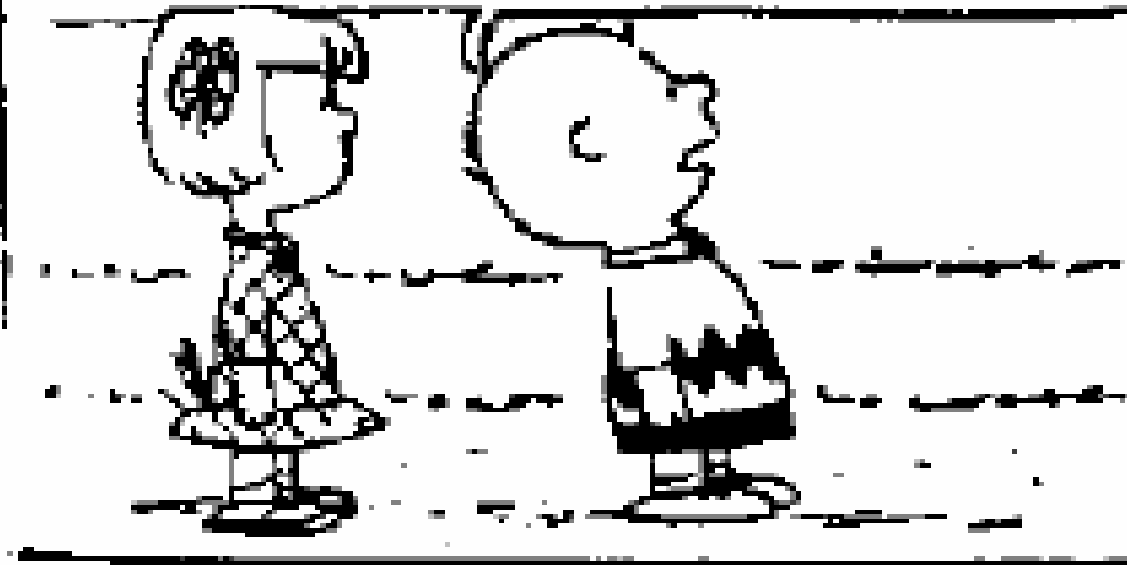
„When you`re depressive it is very important to assume a specific posture...”





„It would be completely wrong to assume an upright posture with your head lifted up, because you`d immediately feel better“

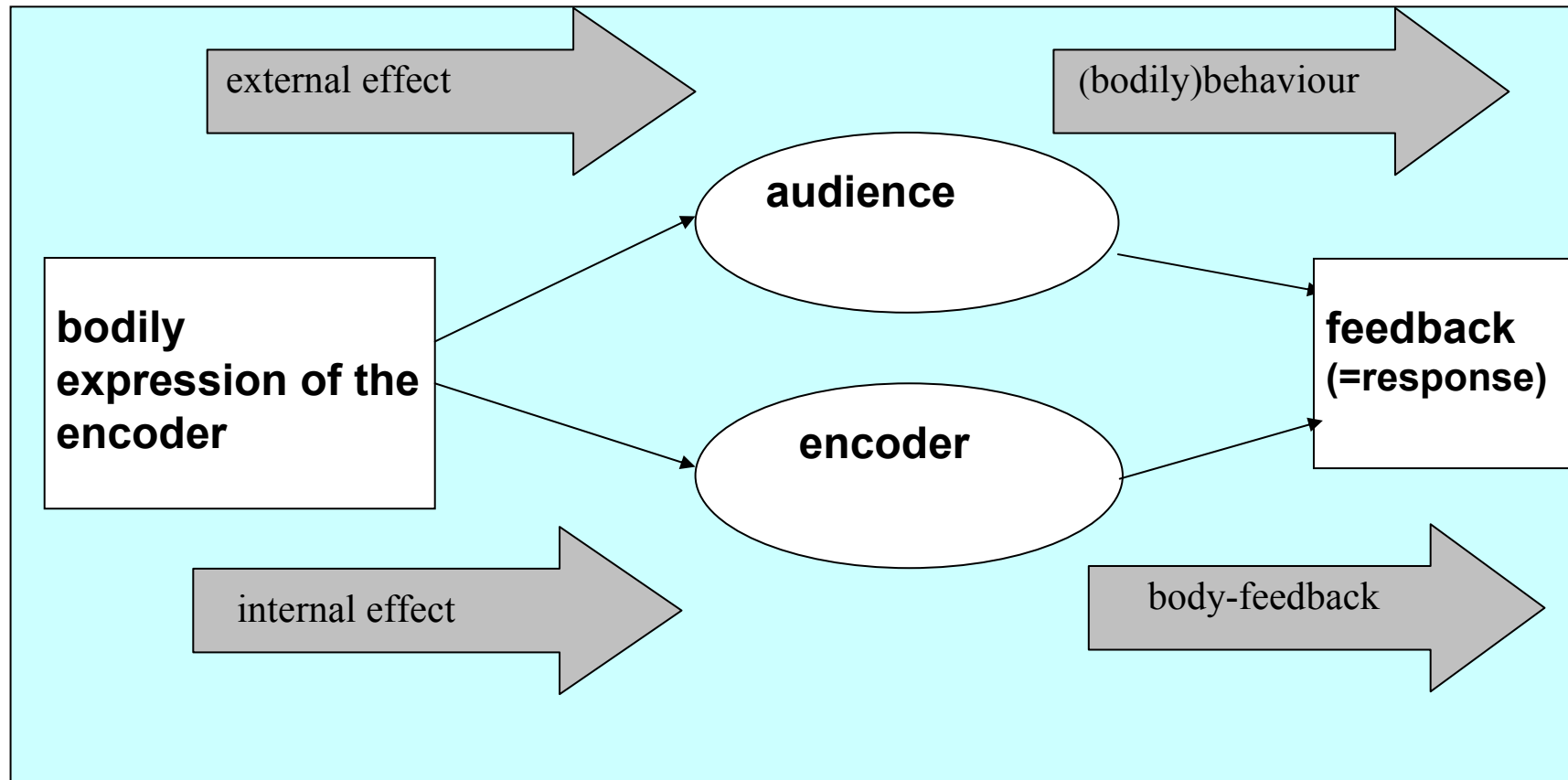
**Das Verkehrteste was du tun  
kannst, ist aufrecht und mit er-  
hobenem Kopf dazustehen, weil  
du dich dann sofort besser fühlst.**



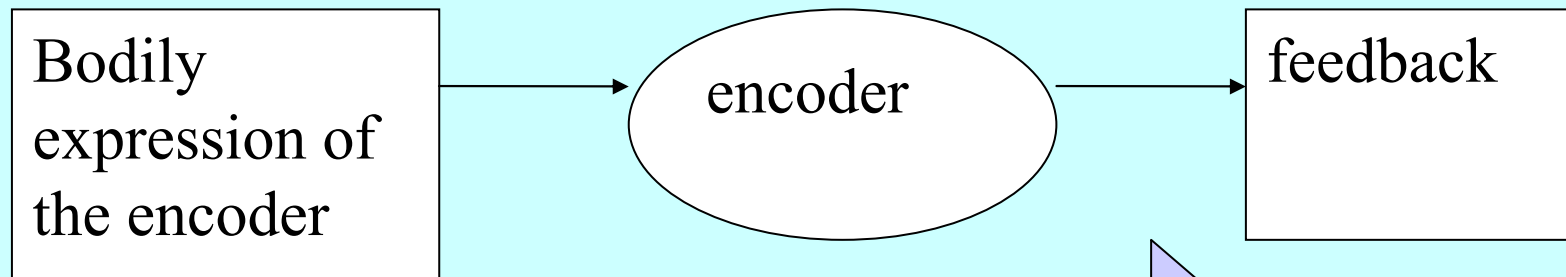
„So if you would like to really enjoy your depression you`d have to be standing like this...”



# Inter- and intrapersonal effects



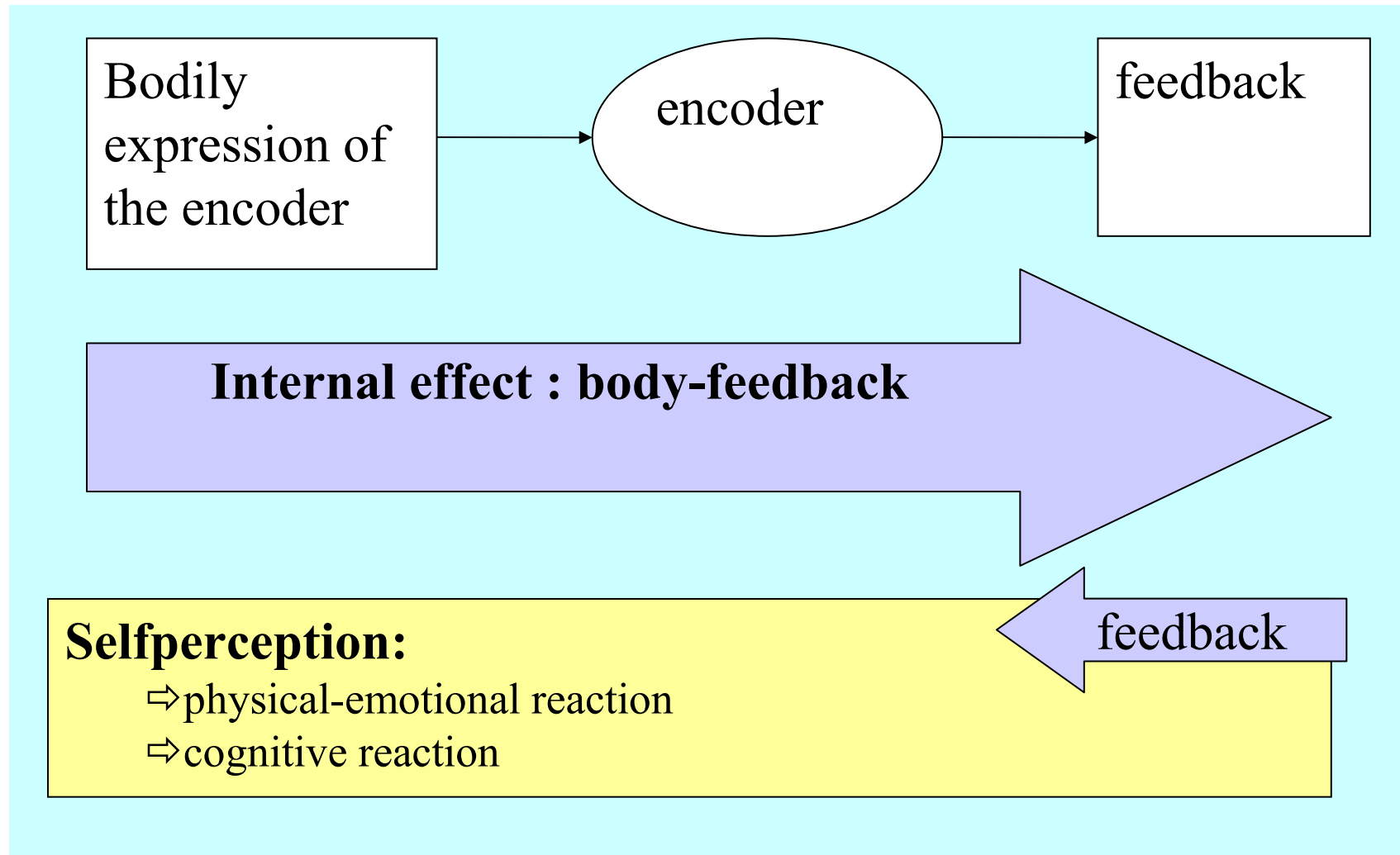
# Intrapersonal Interactions



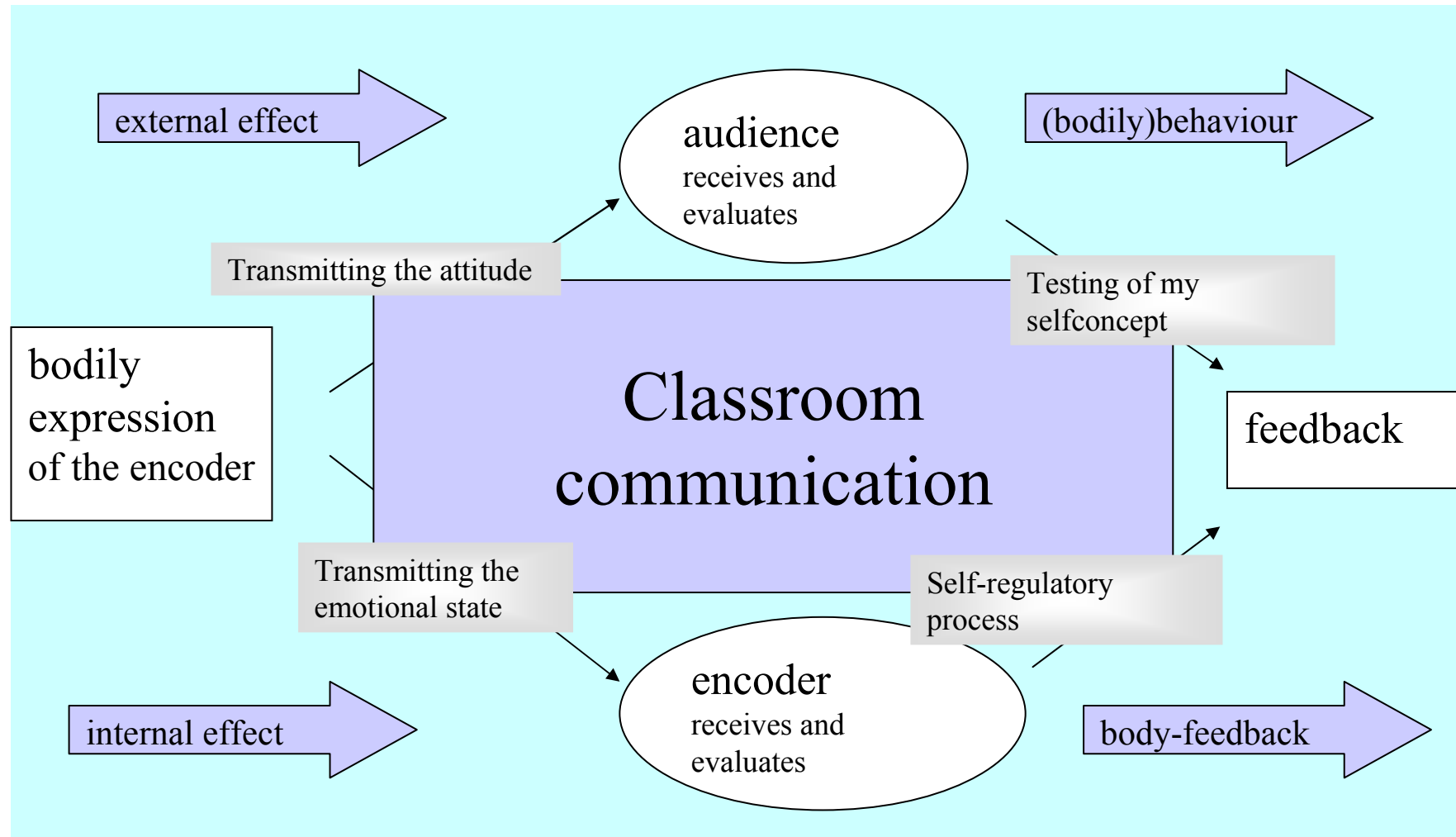
## **Internal effect : body-feedback**

My posture (including breathing, bodily tension and energy) causes an effect on my emotions

# Intrapersonal Interactions



# Inter- and intrapersonal interactions concerning communication



# Circle of Interdependencies:

perception enables the change of bodily behaviour

