

TWIST Feb. 2003 issue. The body language of love,
"What does True Love Look Like?"
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Body
LANGUAGE

What does True Love Look Like?

Wondering how he feels about you? Get the scoop by checking out his body language. These celeb couples prove how accurate it really is...



Brad's arm is loosely around Jennifer, which means he's secure in their relationship.

part 1 IS IT Long-term LOVE?



Gwen leans on his shoulder—that means she depends on him.

Think they couldn't possibly be that happy? See if their body language reveals true love.

Gwen and Gavin

"They're very close together, and he takes comfort in being with her," body language expert Patti Wood says. "You can tell by how relaxed he is with his arm around her—there's no tension in his body at all."

What we can learn: If a guy seems totally at ease around you, he's probably seriously into you. If he is comfortable holding hands or putting his arm around you, he wants to stick around!

Jen and Brad

"Brad and Jen are both looking in the same direction. That shows that they're in tune with each other," Patti says.

What we can learn: Watch his body when you're standing side by side—if you're both facing in the same direction, it means you're on the same wavelength.

Jessica and Nick

"Their hips are touching, which shows a strong physical attraction," Patti says. "Also, they're holding each other by the waist, which shows they have a balanced relationship."

What we can learn: Want to know if he's into you? Give him a hug. If his hips touch yours, he's totally attracted to you. And if he puts his weight on the foot closest to you, he wants to get closer.



Jessica has her hand on Nick's hip, which shows she's into him.

PHOTOS: GUY AROGETTI/GETTY IMAGES; GAVIN ROSSDALE: JEFFREY MATTIOLI/GETTY IMAGES; JESSICA SIMPSON: JEFFREY MATTIOLI/GETTY IMAGES

part 2 CAN YOU TELL IT'S NOT meant to be?



Brad and Gwyneth turned the other cheek.



Drew and Tom were way out of alignment.

Yikes—these unhappy couples show us what *not* to do.

Brad and Gwyneth

"Brad and Gwyneth turned their cheeks away from each other—bad news," Patti says.

What we can learn: If you can't muster eye contact, your feelings are probably fizzling. Bottom line—being with him should make you *happy!*

Drew and Tom

"Drew's poised and happy, but Tom is slouching and frowning," Patti says. "It says their outlooks

on the world are different. They're out of balance."

What we can learn: If he's sitting up straight but you're slouched in your seat, it may mean you're losing interest in him.

Tom and Nicole

"Nicole's arms are wrapped protectively around her torso. That shows a lack of physical connection," Patti says.

What we can learn: Crossed arms are a barrier between you and your guy. You may feel shy around each other!



Nicole's protective posture hinted that she felt trapped with Tom.



"P. Diddy's hug shows ownership," Patti says. "It's not endearing."



"She's pulling away from Ben," Patti notes.



"They're in sync—Ben's her equal," Patti says.

part 3 ARE YOU TURNING INTO twins?

J.Lo is a style chameleon—but is it us, or does her fashion seem to mirror her boyfriend-du-jour?

Her style switch: "Jennifer takes on a 'role' in each relationship," Patti says. Just check out her street look with P. Diddy, her cool Latina style with Cris, and her sophisticated look with Ben! "It's obvious she's matching whomever she's with. It makes them seem more aligned, but

clothes are superficial! It's natural to mirror your guy, but she does it so dramatically."

What we can learn: It's cool if you're both into the T-shirt-and-jeans look, because you probably share a laid-back outlook. But don't ditch your girly threads just because you're dating a skater guy—clothes are a part of your body language, and they should reflect the person you really are.

part 4 WHAT DO HIS moves mean?

We figured out what was *really* going on between them.



A: They're looking in different directions, showing no major love connection.

A Cool Connection

"They're holding hands, but they both have a hand in a pocket, which means they're hiding emotions," Patti says.

Hmm, maybe they both wanted more? **What we can learn:** Hidden hands send the message that you're holding back—maybe you're not ready to be in a head-over-heels relationship yet.

B Totally in Love

"Britney's actually 'in the moment' with Justin," Patti says. "Their bodies

are touching and she's focused on him."

What we can learn: If you're turned to each other and making eye contact, it shows you're content just to be with each other.

C Drifting Apart

"Both have their hands in fists, which sends a powerful message of discomfort," Patti says. Guess we could've seen the breakup coming!

What we can learn: Keeping your hands clenched shows that you can't really relax around him.



B: Britney only has eyes for Justin.



C: "Put your hand over Justin in this pic—it's like he's not even there!" Patti says.