

6 TYPES OF

SMILES

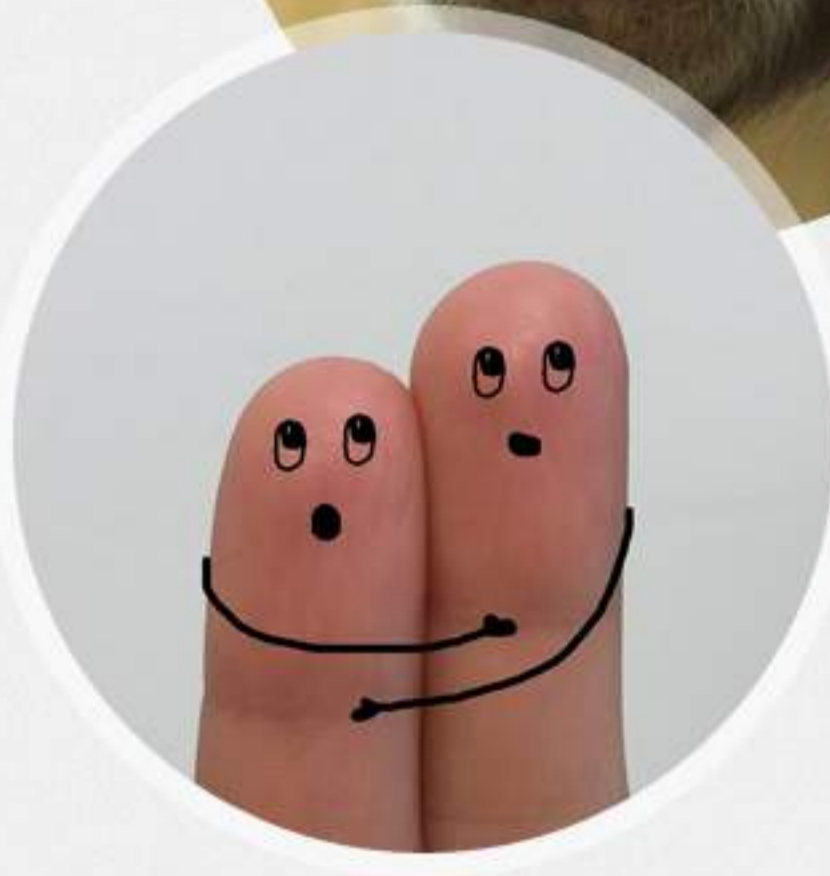
When you want to know what someone is feeling, the easiest way to do so is to look at their facial expression. However, sometimes facial expressions can be deceiving.



The fear smile

If you've ever received or seen a birthday card with a "smiling" chimpanzee on it, chances are, you've seen this smile.

The teeth are clamped down, and the lips are raised to reveal the gums. While it looks like the chimp is smiling, this smile is a gesture of submission among primates or a sign of distress. Charles Darwin believed that facial expressions are a result of instincts. He also thought that the expressions we make serve a practical function, the fear smile being a method for chimps to show more dominant chimps that they didn't plan to bite them.



The Duchenne smile

This smile is long and intense and represents genuine pleasure and giddiness. The smile pushes the cheeks up high, resulting in crow's feet around the eyes. The Duchenne smile only requires the use of two muscles, and many modern scientists believe it evolved from the fear smile.



The fake smile

Modern scientists think that it's easy to fake a Duchenne smile. While smiles that don't involve the eyes can be an easy indicator that the smile is fake, it doesn't mean that all fake smiles will have unsmiling eyes.

However, if a smile is used abruptly, is too lingering or too deliberate, then the smile may be false instead of genuine.



The dampened and the embarrassed smile

Smiling hasn't always been as popular as it is now. In past centuries in Europe, it was even considered improper to show one's emotions. This smile is created by trying to suppress the urge to produce a natural, happy smile. While cheek muscles go up, corners of the mouth remain down, or the lips are pressed together to keep a full smile from emerging. While smiling is more acceptable today, there are still cultures where it's inappropriate to show your emotions fully, resulting in this smile being a common occurrence around the world.



The embarrassed smile is the same as the dampened smile except that cheeks may be flushed, and the embarrassed party may also be moving their head down or tilting it to the left.

The qualifier and compliance smiles

This smile is intended to make bad news seem less bad. Using this smile on someone often results in the receiver responding with the compliance smile.

The compliance smile is the mirror image of the qualifier smile, but, as the name implies, is a means of showing the qualifier smiler they will go along with the situation. This smile is also known as the coordination response smile, which shows agreement, and the listener response smile, which shows someone you are still paying attention to them as they talk.



The contempt smile

This smile is used when a person is angry and wishes to express resentment and disgust. It's similar to the Duchenne smile except for the tightening of the corners of the lips. This smile is common in areas of the world where it is not considered socially acceptable to show anger.



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