Body Messages

Body messages are the messages we send with our face and other parts of our body, called 'body-language.' This includes how/where we sit with people—the environment we create. In English, we speak of SOLER as ways to have good body language to support survivors.

- **Square:** This means we sit square with the survivor, facing her.
- **Open:** This means that we do not put anything between the survivor and us. No desks, no objects. The space between you and the survivor is open.
- **Lean:** This means that we lean in towards the survivor. This helps the survivor know we are interested in what she is saying and that we want to stay and listen.
- **Eye contact:** This means that we maintain eye contact with the survivor at all times (unless this is considered to culturally inappropriate).
- **Relax:** This means that we stay in a relaxed sitting position. It does not mean that we slouch in our chairs and look sloppy, but we do not want to sit very stiff and rigid. We want to be comfortable so that the survivor can feel comfortable and relaxed too.