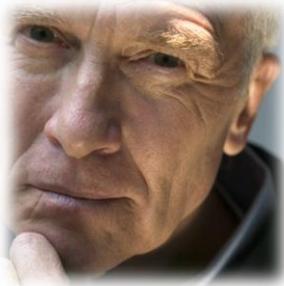


Every Face Tells a Story – What's Yours?

When someone asks me what I do and I tell them that I read faces, ninety percent of people cover their face and say, "Oh no, don't look at my face!"

I gently suggest that their life story is written in every facial feature and it is something to be proud of. Our "crow's feet", grooves between the eyebrows and even down-turned corners of the mouth are part of our unique history, challenges and accomplishments! As we age many of our facial features become more exaggerated and we find ourselves in front of the mirror pulling our faces back, lifting our eyebrows and eyelids to see what we would look like if we turned back the clock.

Let's look at the positive story that some of these traits tell. For example, our "crow's feet" or "laugh lines" are also called EMPATHY lines. This is a learned trait. We have learned to understand, acknowledge and support others' suffering, pain and challenges. These lines represent our ability to laugh or cry with others because we understand and have some insight and compassion into what they are experiencing. People with empathy lines are also more inclined to have a sense of humor and a perspective of "*it is what it is.*"



We are not born with vertical lines or furrows between our eyebrows. This is a learned behavior. It comes from repeated frowning or deep focusing. Most of us with these lines have very high standards and want to get things exactly right not only for ourselves, but also for others. That leads to checking and rechecking everything from the lights, to facts, to figures, etc. This trait is a reflection of efficiency and a desire for positive results. So, if you have a few furrows between the eyebrows, strive for a balance between the details and seeing a bigger picture.

Life experiences and our perceptions of life create the down-turned or up-turned corners of the mouth. If life threw you some curve balls and a lot of pain, it is possible that the corners of your mouth turn downward. It may be harder for you to be optimistic and trusting. Step back, give yourself a pat on the back for making it through the tough times and decide to "feel the fear and do it anyway!" Those of you with up-turned corners of the mouth have been accused of having "rose-colored glasses." You are optimistic and expect that experiences will be positive and everything will work out. Use this trait to your advantage. Consider motivational speaking or mentoring. Use your perspective to inspire others. For both traits, consider Jimmy Dean's quote:

"I can't change the direction of the wind, but I can adjust the sails to always reach my destination."



Take out your baby, childhood and adolescent pictures and look at the structures on your face then and now. What traits are still the same? What ones have changed? If they changed, about what age did that happen and what was going on in your life at the time? Keep in mind, our face tells our story. Each one of us has a unique perspective that no one else can have. No one has walked in our shoes. Be proud of who you are, how you got here and what you have to offer to the world.

Ginger Bisplinghoff www.itsinyourface.com