



I Love You, But I Don't Get You

A FACE READING INTRODUCTION FOR CREATING HEALTHY RELATIONSHIPS

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Introduction

Everyone has scratched their head at one time or another and said, “I just don’t get you!”

We’re all different. It’s what makes the world go round. And, the differences can make you feel a little crazy at times. I know...I’m married to my textbook opposite. Thank goodness for studying facial structures and learning what they reveal about a person. Knowing this incredible information has probably helped us both get to our 45th wedding anniversary!

This eBook will introduce face reading to you, be a review to some and give you an understanding of yourself as well as those friends and family member who you love, but just don’t understand.

The information creates respect for the differences and will offer some Aha moments that will lead to stronger, healthier relationships.

To learn more, order my book on the website below or schedule a face reading session.

Ginger

www.optionstohealth.com



Acknowledgement

The face reading information in this eBook has come either from books and materials presented in the kinesiology curriculum at Three in One Concepts, Inc. in Burbank, California or through personal experience, classroom study and outside study.

Many thanks go to my instructors and mentors, the late Daniel Whiteside and Gordon Stokes, for their knowledge, enthusiasm and vision.

Face Reading ... What is it?

- Face reading and discovering your own innate nature dates back as far as Cro-Magnon cave drawings. Throughout history, reference to facial structures and their corresponding functions appear in literature, the arts and medicine. Aristotle is credited as the first person to write a treatise on face reading, called *Physiognomonica*.
- Each physical structure or trait is a clue to your **innate behavior**: who you are, how you relate to individuals and how they see and respond to you.
- Understanding face reading gives you a new perspective on personal and professional relationships.
- Respect and understanding is developed for those with whom you want to effectively communicate.

Why Face Reading?

Face reading is the science of how physical structures on the face, head and body relates to human behavior and function.

Individual structures may represent:

- A strength
- An ability
- An advantage
- A talent
- A gift, or
- A lesson to be learned



Let's start with the most important trait to understand in any relationships

When I work with couples and the first thing they say to me is, “we just can’t communicate with each other”, I look at their eyelid structures and not their lips!

Trust me when I say the understanding of this structure can save any relationship. Get out a mirror and look at your own eyelids, based on the information on the next few pages, and then look at your spouse, significant other, children, friends, co-workers. Use this knowledge to avoid arguments and mis-communication. It's all about response time.



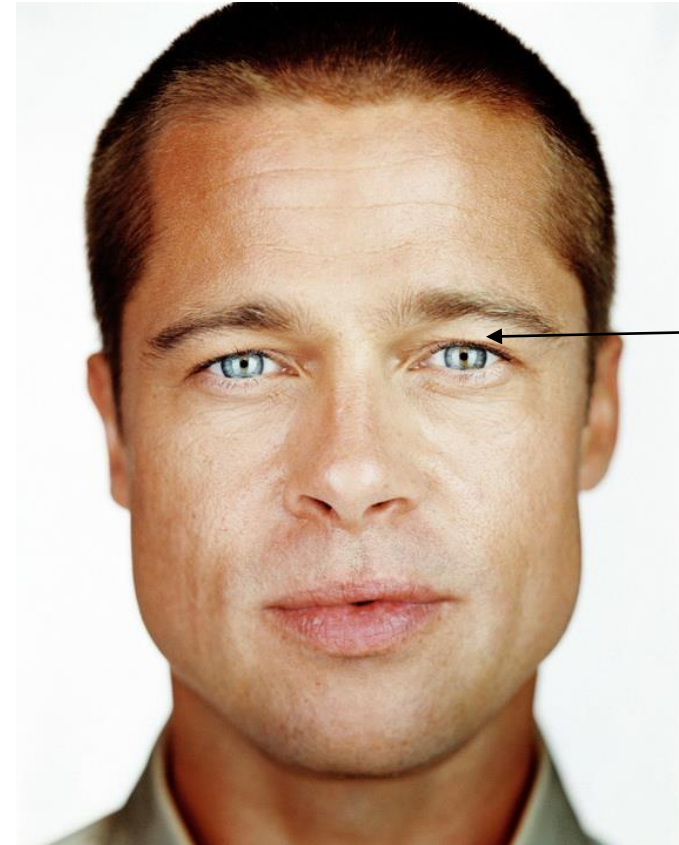
Epicanthic Fold Eyelids

"I am analytical."

*"I can't move forward on any matter of mutual concern until I understand the why of other people's motives, feelings and actions. I **need time to think, analyze and justify both of our positions.** I always need time to process any information that I receive. If you force me to give an instant answer, I will probably tell you whatever I think you want to hear."*

Consider:

It's okay to tell people that you need time to think before giving an honest and considered answer. Give them an idea of the time frame that you need, whether it is a few minutes, hours or days. Beware of using time and intellect as an excuse for not taking action or dealing with an emotional situation.



Epicanthic
Fold

Exposed Eyelids

"I am decisive."

"I like direct action. I'm the Nike ad trademark, 'Just do it.' I don't have to analyze my feelings because what needs to be done is more important than my feelings. Once I see the whole picture, I know how to act. Just get it done. My goal is to act directly, swiftly and effectively as possible. I want immediate, positive progress. Some people think I'm cold, but I'm simply direct."

Consider:

Direct action is great as long as you are alone. If someone else is involved, they want to know the reason why you are taking this action. Be willing to state your case. Stay open to options and the other person's time frame.

When interacting with a person with epicanthic folds, ask them, *"How much time do you need before you give me an answer?"* They will appreciate the respect that you are giving them.



If you are interacting with:

Epicanthic Folds

- They are analytical and slower decision makers;
- They need time to intellectually justify;
- Explain everything to these folks;
- Their key word: WHY



Exposed Eyelids

- They are direct and appreciate direct action.
"Just do it!"
- They cut through to the bottom line and focus on what needs to be done right now;
- Get them to sign on the bottom line NOW;
- Their key word: WHAT (must get done).



Distance Between the Eyes - Tolerance

Are you someone who enters a room and gets a feel for the space or are you the person who observes immediately that a picture is askew? Can you imagine the big picture or are you focused on the details?

Look at the space between your eyes. With *close-set eyes*, only one half or less of the width of one eye would fit between the eyes. With wide-set eyes, more than one and one half eye width would fit between the eyes.



“Only the poet can look beyond the detail and see the big picture.” ~ Helen Hayes

Close-Set Eyes

"I am detail oriented."

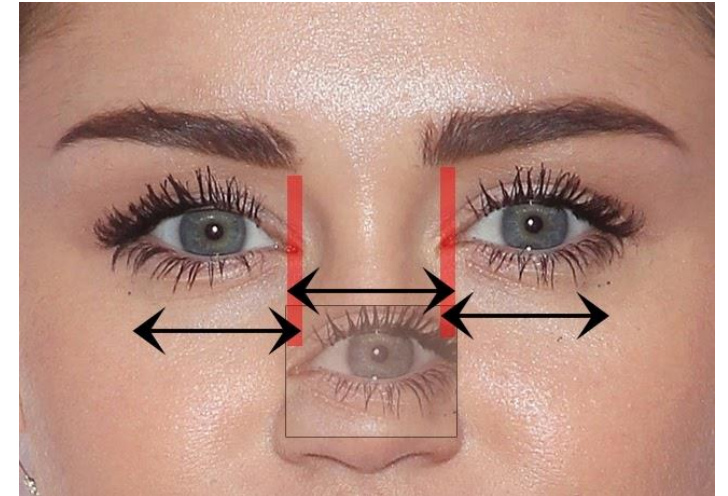
"I can't help getting angry when others don't or won't do the right thing, the right way, right now! It's obvious what needs to get done. I get accused of nagging when I point out errors."

"I don't like procrastinators and I don't like being late. I like to take care of business. No one appreciates how hard I am on myself when I fail to meet expected standards or deadlines."

Consider:

Focus on your own behavior and learn patience and understanding. Lighten up with yourself! You are in danger of joining the Ulcer Brigade.

- ❖ Your structure is a gift to a business or organization that requires precision, accuracy and attention to detail.



Wide-Set Eyes

"I see the big picture and I am tolerant of errors."

"I take a broad view toward life, see the big picture and see things in perspective. Why rush in to correct a situation that will probably correct itself, given time? I'm easygoing. I don't perform according to other's timetables. I do lose track of time because I am in the moment with what I'm doing."

Consider:

Your basically broad-minded point of view is fine, but it can play havoc with daily commitments and accomplishments. Pay attention to time, daily and in the long run.

- ❖ Your gift is your ability to plan for the future and see the big picture. You may be the entrepreneur who will hire someone with close-set eyes to do the detail work.



If you are interacting with:

Close-set Eyes

- Their focus is on details and what's right in front of them;
- They like direct action;
- Be punctual for appointments;
- Their key words: TAKE CARE OF BUSINESS



Wide-set Eyes

- Their focus is on the big picture;
- They are more easy going and tolerant;
- Don't burden them with unnecessary details;
- Their key words: BIG PICTURE



Lips - Communication and Giving Style

The upper lip relates to **verbal style** and how you actually form words. In most cases, you begin life with a full upper lip and a desire to express how you feel about your experiences.

The lower lip conveys your **giving style** and how you express generosity. It also relates to **physical expression** with your total body.



*"I love talking about nothing.
It is the only thing I know
anything about."*

Oscar Wilde



Thin Upper Lip

"I am concise."

*"Just the facts Ma'am' is my motto. I am most comfortable being precise, to-the-point and sticking to the facts, not emotion. I resent it when people blabber on about feelings. I put a lot of thought into what I have to say and I appreciate being considered. **Efficient** best describes me."*

Consider:

When other people talk about their feelings – listen. Be there for that person. Let them know that you have listened and heard what they said. Don't hold back your thoughts and feelings. Be willing to learn to express yourself in more detail.



Full Upper Lip

“I am verbal.”

“I love to talk about what I’m experiencing emotionally – it makes me feel alive. I learn so much when I listen to what I have to say. Until then, it’s as if I don’t know what I want. Verbalizing is who I am. Naturally I feel deprived when I’m interrupted. That means they don’t care about me.”

Consider:

Focus on our listening skills. Talk feelings when they are important. With a thin-lipped person, give the conclusion first and they will be more willing to listen to the other information that you want them to have.

❖ Find a profession where you can use your gift of verbal expression.



Thin Lower Lip

“I am reflective.”

“I don’t feel comfortable expressing emotion except with sports and exercise. My heart has been broken many times and I don’t want to be rejected again or not appreciated. Therefore, I avoid making a total commitment. If I choose to give something to someone, the gift is of much thought and not from a momentary urge of feeling.”

Consider:

You create your lip structure. As children you had more of a full lower lip. If you were told to “zip it” or to keep quiet, you learned to keep your mouth shut. Now when your heart says to give, give freely with no strings attached.

❖ Give the gift of yourself!



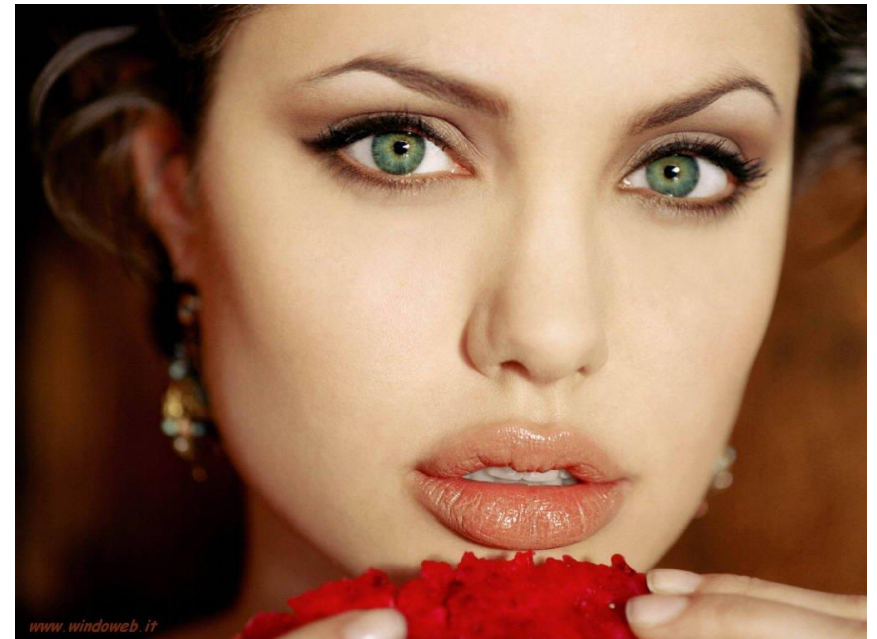
Full Lower Lip

“I am generous with my time, energy and money.”

“I am comfortable when I can express myself freely both verbally and physically. I love experiencing life with my total body. I love to give my time, energy and money. If I see a need, I want to fill it. I don’t think about repayment. Many tell me I am generous to a fault. Maybe so, but giving feels good and delights me.”

Consider:

You don’t have an inexhaustible supply of time, energy and money. Check your priorities and commitments before you launch another rescue mission. Check in with yourself and ask, **“do I have it to give today – my time, energy & money?”** Replenish what you give to avoid exhaustion and/or resentment.



If you are interacting with:

Thin Upper or Lower Lip

- They are concise and to the point – “Just the facts Ma’am!”
- What they say comes from considerable thought;
- They are great with facts, figures, editing, simplifying and streamlining;
- Key word: CONCISE



Full Upper or Lower Lip

- They love to talk and need the opportunity to express themselves and be heard;
- They are generous with their time, energy and money;
- They often burn themselves out because of their tendency toward spontaneous giving.
- Key word: EXPRESSIVE



Eyebrow Height - Comfort Zone

When meeting someone for the first time, the height of the eyebrows can indicate in 3 seconds or less, the ideal way to greet them. It is one of the easiest traits to identify and one of the most important to respect.

Do you welcome them with formality (*high set eyebrows*) or with a relaxed attitude and a hug (*low set eyebrows*)?

Understanding this trait establishes the comfort zone for all relationships.

“The handshake is proper business protocol. Period.”

Barbara Pachter



Low Set Eyebrows

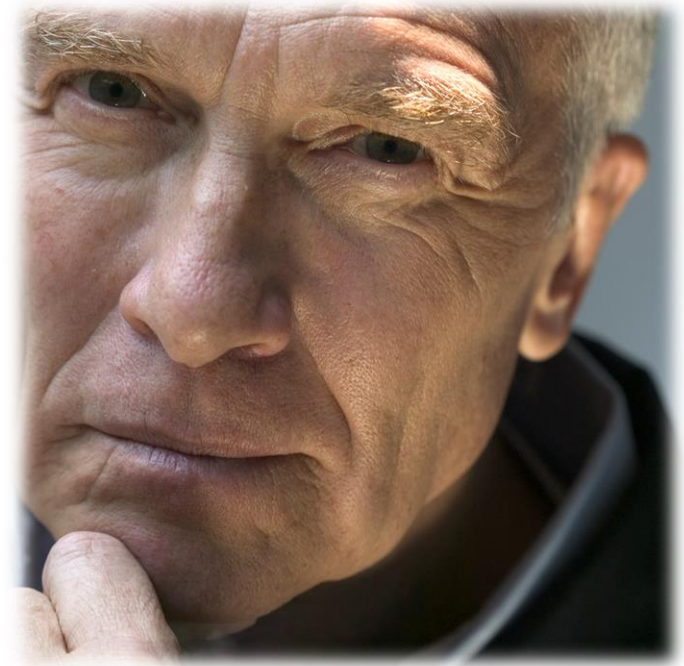
"I am accepting and informal."

*"I'm most comfortable in a relaxed, informal setting. I tend to be optimistic unless I'm feeling questioned or judged. Then I tend to get rigid. I like to be able to gather information and focus on the details that I need to know to make a decision. I am enthusiastic when I feel **acceptance** from other people."*

Consider:

With your opposite, observe formality, respect and distance at first meeting. They need time and space to make decisions and respond to you. They are not being judgmental or uninterested.

When you feel your authority is being questioned, take a deep breath before responding. Be direct and honest.



High Set Eyebrows

"I am discriminating and selective."

"I feel safe if I can keep my distance until I am certain that this is what I want. I need space to gather information. I appreciate and welcome formality and respect. Please don't hug me when we first meet. People tend to misjudge me and think I am aloof or even cold. It's not so. Once I have the time and respect, I am very warm and caring."

Consider:

The challenge for someone with high eyebrows is to make the first move to put others at ease. Don't insist on distance when it's not appropriate.

You do need space to regroup. Let people know this about you. Once you have some space you will be able to rejoin the group.



If you are interacting with:

Low Set Eyebrows

- Be less formal and more friendly;
- Let them feel directly involved;
- Smiles are appreciated;
- Know that they are most comfortable in a relaxed environment;
- Do not make them feel judged;
- ACCEPTANCE is the key word with this trait.



High Set Eyebrows

- Respect formality in language, dress, attitude;
- Offer a handshake at first meeting;
- Allow their need for distance to assess. Don't take their distance as disinterest;
- Acknowledge their need for space to regroup.
- Stick to business & avoid small talk;
- RESPECT is the key word.



It's In Your Face – The True You Revealed

This eBook looks at only a few facial structures. Want to learn more?

My book describes 50 facial traits with bullets (yes, I have close-set eyes and a thin upper lip, so I like to be concise), stories, case studies and over 175 pictures and summaries of male/female stereotypical traits.

Enjoy the adventure!

"It's like having a user manual on people." Paul H.

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