

RED FLAGS

Face Reading Traits to Watch Out For

(Or How To Recognize Troublesome People
Before You Have Trouble With Them)

by

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THERE ARE 6+ BILLION PEOPLE— YOU CAN'T KNOW THEM ALL!

In this mobile, global society of today, most of the people you see and deal with are not people you know. So how do you figure out who to be careful around, who is going to be problematic, and who to trust?

In our grandparent's day, people didn't move around a lot. They had time to get to know people before deciding whether or not to do business or become friends with someone.

We don't have that luxury now. We have to draw on a whole new set of rules for the game of relationships, whether co-worker, new friend, date, business relationship, or someone you sit down beside on the commuter rail.

This book is designed to help you get a handle on some simple traits you can see on a face and know that certain types of behaviors tend to go with them. Most traits have both a positive and a negative expression, but these traits are *often likely* to take a negative direction.

Look at these traits as red flags, not absolutes. They say pay attention. Know what you are dealing with.

Take a wait-and-see approach if you need to deal with the person, but just remain aware of the potential for negative behavior.

BASICS OF READING A TRAIT ON A FACE

There are some very simple principles in face reading.

- 1 Traits are on a continuum from high end to low end.
Examples: Wide face versus narrow face.
or high eyebrows versus low eyebrows
- 2 The more pronounced it is, the stronger the trait.
Example: super high eyebrows versus somewhat high eyebrows
- 3 Traits interact. The real story is in the combination of traits rather than a single trait, but every trait counts. Some traits may be so strong they are a dominant characteristic of the person. Each trait is an insight.
- 4 **People can choose** how they use a given trait or traits. No one is doomed to certain behaviors, **but most people will do what their face shows because those are their natural tendencies.** It takes conscious effort to change it.

These rules are simple and basic. Keep them in mind as you read through this book and watch people. It will help improve your accuracy.

USING FACE READING

Face Reading is a tool. It is like any other tool — it's as benevolent or as dangerous as the person using it. You can judge people or not, as you choose. You can use it to help situations or to create problems. My hope is that everyone would want to use it to help create a better world.

As a skill used for the purpose of understanding another person, Face Reading has no equal. It lets you quickly grasp where a person is coming from and how to deal with them by simply looking at them.

You don't have to ask a lot of questions or study a person for a long time to understand what makes them tick. Their face tells you.

These Red Flag traits are some troublesome traits you can see on people all around you. Some of them are truly a bit scary, and it's good to know about them so you aren't caught unaware.

Some are simply characteristics of personality that are often difficult to deal with, especially if you don't have the trait yourself and don't understand it.

Knowing them can make your life a bit easier and perhaps that of people around you, too. And that's a good thing!

HOW TO USE THIS BOOK

Read through the book the first time rather quickly just to see what is here. Then go back and take each trait slowly. Learn to identify it. Commit to memory what it means.

Work with only one or two at a time. Start watching for them — on the street, at work, on TV. Pay attention to behaviors. Take at least a week with each trait.

When you get the first one down so it's automatic to see it, add the next trait to your toolkit. If you persist, taking it slowly and digesting the information completely, you'll have all the traits firmly in your mind within two months. You'll be empowered by your understanding of how to deal with these possibly difficult people.

A word of caution

As you read through this book, it's a good idea to have a mirror handy. **If you have any of these Red Flag Traits yourself, don't panic.** Many people will have one or more of these traits. They are traits that if not understood, can be hard to handle, both for the person with the trait and the person trying to deal with it, but for different reasons.

If you have one of these traits, get a good grasp of what it means about your natural tendencies. Then you might find it helpful to catch yourself in action and work to consciously change that normal mode of operation. Especially when it doesn't help you get along with others and succeed in the world.

Knowledge is power. Self knowledge is empowerment.

RED FLAG TRAITS

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THE RED FLAG TRAITS

Red Flag Trait #1

This one is in the eyes.

Physical indicator:

The eyelids look half closed, so the iris is cut in half.

AND the irises are very small. (The iris is the colored part of the eye)



“POSSIBLE CRUELTY”

Caution: Some people have what are called “lazy eyes.” The eyelids won’t open fully. **They will tilt their heads back to see.** This is a neurological condition and should not be confused with the “Possible Cruelty” trait. **“Possible Cruelty” people hold their heads at a normal level.**

The Possible Cruelty trait indicates the person is not warm and caring by nature. They **may** be capable of acts of deliberate cruelty, especially if the overall attitude is cold or aggressive.

Quite a number of known terrorists, drug lords, and the like have this trait. Not all, but quite a few of them do. **It can also simply be a sign of emotional disconnect. People who are not deeply connected to others on any level.**

I have seen this trait three times in my eleven plus years of reading people professionally. One man was obviously abusive to his wife. She was so afraid of him she was tiptoeing on eggshells in trying to talk to him, fearful of ticking him off. His cold, contemptuous attitude toward her was frightening.

The second was a man who came to my table with a date at a trade show. The woman was trusting, open, cute, said they met at a bar the night before. As soon as she went to another booth, he came back, leaned his face too close to mine asking what time I got off work that night. I told him I had plans. He remained crowding my space and studied me a moment before leaving. It felt like a cobra sizing me up.

The third is simply an acquaintance who has great trouble connecting with people on an emotional, caring level.

Depending on what else is on the face, it can indicate emotional cruelty or physical cruelty . . . or both. High forehead and finer skin is more likely to indulge in psychological/emotional cruelty.

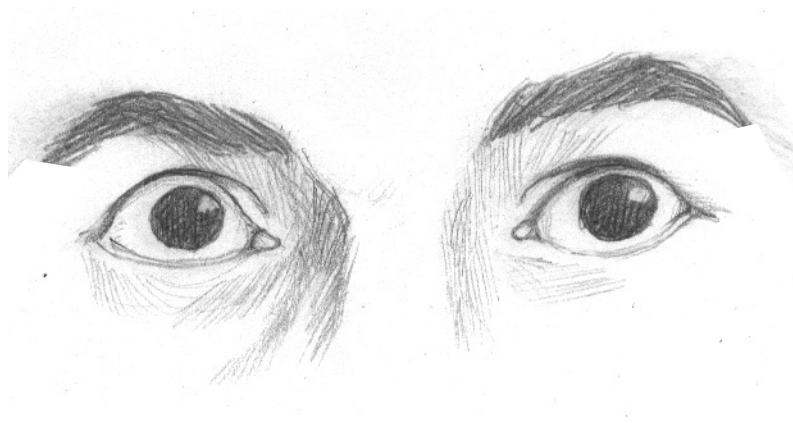
Coarser skin and hair and a smaller forehead is more likely to be physically abusive. The Possible Cruelty eyes combined with a very short forehead tends to be dominating and self-glorifying.

Red Flag Trait #2

This one is also in the eyes.

Physical indicator:

The eyes look wild, wide open. You can see whites all the way around the iris (colored part of the eye). The emotional undertone is frantic or aggressive.



“PSYCHOLOGICAL DISCONNECT”

Caution: Some people naturally have huge eyes with small irises. They will show “four whites” all the time. **This is NOT Psychological Disconnect.** Look to the behavior or the undertone — Psychological Disconnect is tied to desperation and typically erratic behavior.

This trait usually shows when a person has reached a point of desperation. They are highly agitated, anxious, and unstable. It can also be present in aggressive, rageful behavior.

If you know the person well and are concerned for their well being, make sure your own behavior is calm and calming. You might try to reassure them, talk them down.

If you don't know them and aren't feeling strong enough to handle it, then merely stay out of the way. Give them no cause to go over the edge but don't cower, either.

This trait shows extreme fear/ anger. It can be a temporary indicator brought on by a frightening or threatening situation.

Or it can be a more stable condition brought on by long term stressors, usually perceived as life threatening.

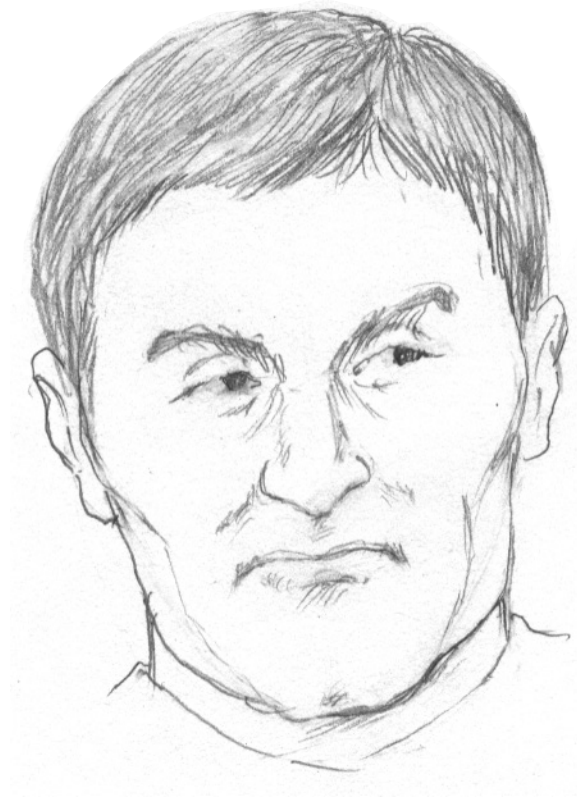
Just be aware that frightened/angry people can be unpredictable and unstable.

Red Flag Trait #3

This trait shows in the mouth.

Physical indicator:

The mouth looks like a permanent sneer. It can be on just one side, or on both sides.



“CONTEMPTUOUS”

When you see this particular trait, you will usually find the person has an underlying contempt for most people. Not all, but most. A real sense of empathy and tolerance is usually absent.

Keyed in to what's ridiculous or foolish in people, they generally lack respect for others.

A lack of respect translates to not granting dignity to others .
They may purposely humiliate another person to try show their own “superiority.”

There is a quality of arrogance that is hard to deal with on an equal basis. Their purpose is to show they are above you — not equal to you.

A difficult trait to tolerate. When you see this one combined with the Possible Cruelty trait, you will want to avoid close dealings with the person. It doubles the effect of the Possible Cruelty.

It’s not a good idea to get into a battle with them or try to “bring them down a peg or two.” You only make a lifelong enemy who is not likely to be an honorable one.

Consider walking away as taking care of yourself.

Red Flag Trait #4

This trait is in the eyebrows.

Physical indicator:

The eyebrows are extremely thick with wild-looking, curly hairs.



“POWDER KEG”

This is a major red flag trait. The wildly curving eyebrow hairs indicate a tendency to blow up for no apparent reason. There is an ocean of anger held in these eyebrows. Expect raging, tyranni-

cal behavior with no quarter given. They won't back down and can be more stubborn than most people.

This trait at its worst doesn't need a reason to explode and become violent. Sometimes they just enjoy the sense of power their rage gives them over people around them. It's nearly impossible to develop a trust of someone with these eyebrows because you never know when they will go off on you.

If the person with these eyebrows sincerely wants to change the behavior (don't hold your breath), he needs to keep his eyebrows trimmed neatly and plucked so they are not so wild. It may help keep the tyrant at bay, at least somewhat.

The positive side of this trait is courage and generosity to those they love, along with a great need for excitement and physical activity. But the inherent anger is the biggest challenge and a major issue in dealing with this trait.

If you don't have to deal with this person, it's best not to.

Red Flag Trait #5

This trait is in the chin.

Physical indicator:

The chin is large, squared, and wide. The wider the square, the stronger the trait.



“THE FIGHTER”

A **very** broad, square chin is the mark of a Fighter. You usually see this one on men, seldom on women. These people enjoy a good battle and will often start one because they like to fight. And they fight to the last breath. The legendary Darryl Royal, coach of the Texas Longhorns had this chin.

Another term you can apply to them is **contentious**. They may buck you just to get you going, or to unsettle things, usually for their own purposes. They often feel more in control if they can get you out of control.

One man I read at a trade show had this trait. Mike was friendly **and** he disagreed with everything I said. But he also insisted I keep going. At the end of the reading, he laughed and said “I know you’re good at what you do. You just missed on me.” I doubted it but didn’t want a battle, so I just smiled.

A few minutes later, a young woman named Arial came to have her face read, saying Mike told her I was very good. I looked up to see Mike standing across the aisle grinning at me. I motioned for him to join us.

As I read her he sat happily agreeing with everything I said, and so did she. When I finished, she turned to Mike, “What did she say about you?”

“Oh, she missed on me,” he said. I held up my hand to interrupt. “Let me read him to you,” I told Arial, and proceeded to read him again. The reading was punctuated throughout with her exclamations: “You **are** like that, Michael! That’s **exactly** how you are!”

Some square chins are more serious about their battles than Mike was. Just be aware of the tendency to disagree and engage in all manner of sporting (or not) warfare. If you don’t want a battle, don’t challenge them, or refuse simply to engage if they try to start one. If you need a champion or crusader, get them involved and on your side.

Red Flag Trait # 6

This trait shows in the jawline and chin.

Physical indicators:

The jawline is wedge shaped and/or the chin is decidedly pointed.



“OPPOSITIONAL”

This trait is a defiant “Don’t tell me what to do!”

Ask these people and they are pretty easy to get along with. But the moment you tell or suggest, the hackles rise and the heels dig in. They will not budge.

When you present them with a new idea or suggestion, expect an automatic “no.” It’s standard operating procedure.

If you don't push, but respect their right to choose for themselves, they may change their minds. Ask for their input instead of suggesting or telling. Enlist their help.

One of the primary things to know about this trait is they **can not be pushed**. They become as stubborn as ten mules. If forced to submit, resentments build and they can become physically ill -- or they may eventually explode. They cannot be driven.

It takes effort and understanding to work with someone with this trait. Pull out the kid gloves and explain how you need their help. More than half of all children have this trait. Some grow out of it, others don't.

The upside of it is that they are very creative, (this does not mean just the arts -- it can be new ideas, mental resourcefulness).

Ideas, theories, education are all very important to them. Usually curious, they may educate themselves over a lifetime rather than submit to formal schooling. Or they may go for the PhD and still keep learning.

Typically, beauty is important to them on some level — unless something else on the face contradicts it or life's hard knocks has robbed them of the capacity to respond to it. But regardless of their accomplishments or lack of them, **remember to ask** if you want cooperation from them.

Red Flag Trait # 7

This is another trait that is in the eyes.

Physical indicators:

The eyes angle downward from the nose, measuring from the eye corner to eye corner. They are also close together, less than one eye's width apart.



“PERFECTIONIST”

When the eyes angle downward, this person misses **nothing**. Noticing everything, their world revolves around consistency. **Double the effect when the eyes are also close together (less than an eye's width between the eyes which is detail and now oriented).**

A man with eyes like this sat in on a class I taught and I knew I'd have a lot of extra explaining to do before the two hours were up.

Absolutely true to form, he zeroed in on every detail of what I said and demanded absolute consistency of thought and explanation before we could proceed.

I used him to illustrate the trait and its issues as well as its gifts. I asked him a few questions about how he approaches ideas and work. Then I explained that others don't need the same level of perfection to be satisfied.

He had never considered that viewpoint. He just thought other people were basically slobs! He is a successful commercial photographer in demand for the absolute perfection of his work.

It can be a difficult trait to deal with when you are on the receiving end. They are incredibly nitpicky. And they demand correction immediately — they feel their present world hinges on it.

Dealing with the person: if you want perfection and can stand the fire, ask for their input. You'll find out very quickly where you could improve something!

If you get unasked-for input and it really doesn't matter to you and if it doesn't involve them, you will probably have to tell them so politely and move on.

Note: there are degrees of perfectionism. Other traits can indicate shades of it, but these two physical indicators are generally hyper-perfectionistic.

IN CONCLUSION

Face Reading is a powerful tool. Now after you have studied these seven Red Flag Traits, you can see some of the reasons why.

It is important to notice **when two or more of these traits are present on the face**. It means double the trouble!

Consider the Powder Keg trait in combination with The Fighter — there's an explosive mix. It increases the likelihood that the person will enjoy a fight and needlessly provoke one just for the "fun" of it. Add the Possible Cruelty and it gets scary. It's good to be aware!

Also think about Perfectionist in combination with Oppositional. Nitpicky *and* stubborn, along with a demand that things be changed NOW! Whew. Hone your diplomatic skills and put iron in your backbone for that one.

My suggestion:

Keep this booklet handy so you can refer to it often as you watch people and deal with them. **Pull out the last page for an invaluable cheat sheet**. It will make life a bit easier — and sometimes a whole lot easier.

Being able to anticipate behavior is powerful! It puts you ahead of the game as you interact with others.

I suggest you really **learn how to deal** with each of these traits, not just recognize them. By understanding the other person with these Red Flag Traits and how to deal with them, you can often head off problems before they blossom into real issues, and come out feeling empowered instead of frustrated and angry. . . or worse.

Please note: This is not permission to try to change other people. Face reading is about understanding people so you deal with them more effectively. The only person one can really change is oneself.

Again, if you have any of the traits yourself, pay attention. Catching yourself in the act is a powerful way to take charge of your life and its outcomes by choosing to do things differently. Different behaviors create different outcomes.

Good luck in your quest to understand others and possibly yourself, and to deal more effectively with troublesome people in your life.

And welcome to my world of reading faces.

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CHEAT SHEET

1) **Possible Cruelty** — eyelids cut iris in half with head held in normal position. Avoid dealing with these people if possible.

2) **Psychological Disconnect** — white showing all around iris . . . indicates fear, desperation or rage. Unpredictable. Stay alert and calm.

3) **Contemptuous** — mouth shows permanent sneer. Difficult to tolerate. Avoid making an enemy of this one. In fact, avoid the person if possible. Remain neutral in your dealings and don't take them personally. Don't let them get under your skin.

4) **Powder Keg** — very bushy, shaggy, wild- looking eyebrows. Indicates unpredictable rage. Can be a tyrant. Avoid getting involved.

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1 — Cut

- 1) Cut in half vertically,
- 2) then fold horizontally.

Laminate for best results.

Slip in a pocket or purse.

2 — Fold

5) **The Fighter** — square chin. Wider is stronger. Tends to start battles for the fun of it. Is contentious - disagrees to disagree and get a rise from you, possibly a battle.

Refuse to engage if you don't want to fight, mentally or physically. Can have attitude: "If you love me, fight with me." Good to have when you need a warrior on your side.

6) **Oppositional** — wedge shaped jaw or pointed chin. Automatically resists what is suggested. Defiant when told what to do. Cannot stand to be controlled or ordered around. Persuade, enlist, **ask for** their opinion and/or help.

7) **Perfectionist** — eyes angle downward from center and close-set. Will notice what's wrong with everything and wants it corrected immediately. Good at detail and quality control. Can be overly critical. Don't take it personally.