

Forum:[Hack Forums](#)

Thread: [Do You Look People In Their Eyes When Talking?](#)

Mooooookie - December 18, 2024, 3:14 am

As the title says.. do you look people in their eyes when you talk to them? I remember growing up, I used to think looking people in the eye when talking to them was the hardest thing to do, it just felt awkward... but now that I'm older, it just comes as second nature. I still know of some adults who don't look people in their eye when they talk. They say it's unprofessional, and sometime means you're not telling the truth.

BlackRock - December 18, 2024, 3:17 am

(Dec 18, 2024 04:14 AM)Mooooookie Wrote: [\[CITE\]](#) As the title says.. do you look people in their eyes when you talk to them? I remember growing up, I used to think looking people in the eye when talking to them was the hardest thing to do, it just felt awkward... but now that I'm older, it just comes as second nature. I still know of some adults who don't look people in their eye when they talk. They say it's unprofessional, and sometime means you're not telling the truth.

I do. However, a lot of training has been required. Naturally my eyes will look elsewhere, so I really have to focus when I do that.

Mooooookie - December 18, 2024, 3:20 am

(Dec 18, 2024 04:17 AM)BlackRock Wrote: [\[CITE\]](#) I do. However, a lot of training has been required. Naturally my eyes will look elsewhere, so I really have to focus when I do that.

Haha, hell yeah its require a bit of training of the mind to be able to do it naturally. I remember I used to hate looking people in their eyes, that burning feeling to look away used to always take over. Now for some reason, I don't have that issue anymore.

BlackRock - December 18, 2024, 3:21 am

(Dec 18, 2024 04:20 AM)Mooooookie Wrote: [\[CITE\]](#) Haha, hell yeah its require a bit of training of the mind to be able to do it naturally. I remember I used to hate looking people in their eyes, that burning feeling to look away used to always take over. Now for some reason, I don't have that issue anymore.

I hate people in general :D hahaha. I love just being alone or with my wife. That's it. :D

Mooooookie - December 18, 2024, 3:23 am

(Dec 18, 2024 04:21 AM)BlackRock Wrote: [\[CITE\]](#) I hate people in general :D hahaha. I love just being alone or with my wife. That's it. :D

Lol.. me too! I rarely hang out with people.. 99% of the time, I'm at home. I work from home, I rarely go out to eat, unless it's a nice restaurant. After seeing all those videos on social media of how nasty fast food companies are, I have slowed down on eating that crap.

BlackRock - December 18, 2024, 3:25 am

(Dec 18, 2024 04:23 AM)Mooooookie Wrote: [\[CITE\]](#) Lol.. me too! I rarely hang out with people.. 99% of the time, I'm at home. I work from home, I rarely go out to eat, unless it's a nice restaurant. After seeing all those videos on social media of how nasty fast food companies are, I have slowed down on eating that crap.

Me too. I love the food my wife cook for me. She is Moroccan and let me tell you, the food is amazing, natural and healthy. She does all the cooking. Being a European, I proudly make delicious european food for her whenever I feel like it. I work from home too. :D

Deany - December 18, 2024, 3:27 am

Yes I do indeed look in the eye.

Mooooookie - December 18, 2024, 3:30 am

(Dec 18, 2024 04:25 AM)BlackRock Wrote: [\[CITE\]](#) Me too. I love the food my wife cook for me. She is Moroccan and let me tell you, the food is amazing, natural and healthy. She does all the cooking. Being a European, I proudly make delicious european food for her whenever I feel like it. I work from home too. :D

Yes, there is nothing like a home cooked meal. Which is funny, because when I was a youth.. I was so sick of eating home cooked food, and would always crave burger and fries, and all that type of crap that is no good for you. Now that I'm a bit older, I absolutely LOVE eating a home cooked meal. I will take a home cooked meal over outside food any day!

BlackRock - December 18, 2024, 3:30 am

(Dec 18, 2024 04:30 AM)Mooooookie Wrote: [\[CITE\]](#) Yes, there is nothing like a home cooked meal. Which is funny, because when I was a youth.. I was so sick of eating home cooked food, and would always crave burger and fries, and all that type of crap that is no good for you. Now that I'm a bit older, I absolutely LOVE eating a home cooked meal. I will take a home cooked meal over outside food any day!

I feel the exact same way, lol. ?

Charlie Sheen - December 18, 2024, 3:51 am

Yeah I do it to show that I'm serious about what I'm saying.

Mooooookie - December 18, 2024, 3:56 am

(Dec 18, 2024 04:51 AM)Charlie Sheen Wrote: [\[CITE\]](#) Yeah I do it to show that I'm serious about what I'm saying.

Does it feel awkward when you do it, or does it feel natural?

Charlie Sheen - December 18, 2024, 3:59 am

(Dec 18, 2024 04:56 AM)Mooooookie Wrote: [\[CITE\]](#) Does it feel awkward when you do it, or does it feel natural?

Not really just because I'm so used to it.

Slumerican ? - December 18, 2024, 4:27 am

I struggle to maintain eye contact, which bothers me a lot. I can manage it during serious conversations, but in casual situations, I find myself looking away multiple times a minute. I dislike this about myself; it feels like I can see too much in people's eyes, almost as if I can read their thoughts. Some people have negative thoughts, and I tend to look away even from those I like. It's as if I can sense what they're thinking, even when the conversation is positive. Can anyone offer advice on why this happens and how I can stop this habit of avoiding eye contact?

Great topic, OP! Thanks for sharing.

Mooooookie - December 18, 2024, 4:35 am

(Dec 18, 2024 05:27 AM)Slumerican ? Wrote: [\[CITE\]](#) I struggle to maintain eye contact, which bothers me a lot. I can manage it during serious conversations, but in casual situations, I find myself looking away multiple times a minute. I dislike this about myself; it feels like I can see too much in people's eyes, almost as if I can read their thoughts. Some people have negative thoughts, and I tend to look away even from those I like. It's as if I can sense what they're thinking, even when the conversation is positive. Can anyone offer advice on why this happens and how I can stop this habit of avoiding eye contact?

Great topic, OP! Thanks for sharing.

I can't say why it happens, as I know the feeling you're describing. This was something I struggled

with a lot when I was growing up, and my dad used to always get on my ass about it. "Real men look people in their eyes when they talk" ... omg, the amount of times I heard that shit. But yeah, I know the feeling you're talking about.. it feels like its too intense, as if you're looking into the persons soul.

As I said, I struggled with this for many years.. but over time, I kind of just got used to it as I got older. Now it just comes naturally to look people in their eyes.

ZLOY - December 18, 2024, 5:09 am

Eye contact is useful to indicate to the counterpart that you're paying attention (aren't AFK in the discourse).

I try to engage in a normal, non creepy, back and forth eye contact.

Mooooookie - December 18, 2024, 5:26 am

(Dec 18, 2024 06:09 AM)ZLOY Wrote: [\[CITE\]](#) Eye contact is useful to indicate to the counterpart that you're paying attention (aren't AFK in the discourse).

I try to engage in a normal, non creepy, back and forth eye contact.

"non creepy" lmao.. idk why that made me laugh so much. Thanks for the early morning laugh.

Jamika - December 18, 2024, 5:35 am

(Dec 18, 2024 04:14 AM)Mooooookie Wrote: [\[CITE\]](#) As the title says.. do you look people in their eyes when you talk to them? I remember growing up, I used to think looking people in the eye when talking to them was the hardest thing to do, it just felt awkward... but now that I'm older, it just comes as second nature. I still know of some adults who don't look people in their eye when they talk. They say it's unprofessional, and sometime means you're not telling the truth.

I started to do this , previously was afraid to and scape this , but my work learnt me that eye contact is very important

blesphy1 - December 18, 2024, 5:56 am

sometimes it's important and u have to consciously choose to look em in the eyes and remind yourself during the converstaion

jcole - December 18, 2024, 5:57 am

I always look people in the eyes when I speak to them. It's a sign of respect. Whether they are a normal person, your boss, or have a disability.

Mooooookie - December 18, 2024, 5:59 am

(Dec 18, 2024 06:56 AM)blesphy1 Wrote: [\[CITE\]](#) sometmes it's important and u have to consciously choose to look em in the eyes and remind yourself during the converstaion

I believe we can train ourselves to do it naturally, or that over time it becomes second nature. As I used to hate doing it, but now I don't feel right if I don't do it.. and when i see people not do it, it makes me question whats up with them.

Fish - December 18, 2024, 6:49 am

(Dec 18, 2024 04:14 AM)Mooooookie Wrote: [\[CITE\]](#) As the title says.. do you look people in their eyes when you talk to them? I remember growing up, I used to think looking people in the eye when talking to them was the hardest thing to do, it just felt awkward... but now that I'm older, it just comes as second nature. I still know of some adults who don't look people in their eye when they talk. They say it's unprofessional, and sometime means you're not telling the truth.

I feel like I have friends who ONKY do this and it just seems like they're very engaged. And people who don't. I feel like it depends on the person

sharn - December 18, 2024, 9:36 am

Yes, I look people in the eyes most of the time when I am talking. It feels polite.

Bashe - December 22, 2024, 9:47 pm

I try to, although sometimes it gets awkward especially if the person I'm talking to is looking elsewhere because he/she has social anxiety.

RangoWorld - December 23, 2024, 3:16 am

I would say yes. But I'm not looking at them constantly. It's mostly look and then no look.