

A vital part in learning how to read micro-expressions is learning what a micro-expression is not. It saves a lot of time knowing what not to focus your attention on as already noted.

A micro-expression is not something which appears plainly on the face **and** lingers there for longer than a thousandth of a second. It is not an expression that is so striking that you just can't miss it. In fact, you are not supposed to see a micro-expression by its very nature. Micro-expressions are not meant to be consciously seen but unconsciously understood.

The primary point being made is that if you can easily see an expression that someone is making it is not a micro-expression. This applies to one that is being studied on video as well. Some people believe that just because an expression is of a shocking, somewhat fleeting nature, it is a micro-expression. It is important not to be lead astray by these types of emotional manifestations.

What is sought from a micro-expression is insight into the inner, hidden feelings of a person which he isn't displaying. What he is really feeling but not saying. This is what a micro-expression will reveal. And it works the same for both men, women and transgendered people. Anyone who has feelings is susceptible to allowing them to escape without warning. And this can cause a lot of trouble if the emotion being hidden is guilt or deceit.

Common facial and body language is also something that is not part of a micro-expression. However, they may give clues as to what may be forthcoming from the subconscious. It is helpful to realize that when a person scratches the back of the neck or plays with the bridge of the nose

or tugs on the ear that this may imply a certain amount of deceit taking place. However, it is also possible that these actions may not be related to a micro-expression that may be shortly revealed. The point is this: if a common facial expression is one that reveals deceit this does not mean that any subsequent micro-expression also concerns deceit. In fact, it probably won't. Don't be fooled by the obvious expression that may precede a micro-expression.

By the way: if all of this seems very confusing don't worry it will be reviewed many times in many various ways. And when the images of micro-expressions are studied things will become much clearer. There's a lot to learn. But it will be well worth it.