



RULE OF TONGUE

Apart from being fun to do, kissing can reveal lots about his personality

A good kiss can be more intimate than sex. It can also tell you loads about his personality – and yours. If you've watched the movie *Mitch*, you'll remember the claim that 80% of women expect their first kiss with a guy to tell them everything they need to know about him. Watch out for these clues:

TONGUE TANGO

If he's more confident and assertive than you are, he'll probably be the first to offer tongue, says Johannesburg psychologist and relationship counsellor Hanlie Raath. If it feels to you as though he's wrestling with pythons, he could be too assertive for you. (Or perhaps he's just not very skilled.) If you want to show him your fun, fearless, confident side, take the lead and initiate the kiss yourself.

GENTLY DOES IT

If he kisses you gently, it could be an indication of how he would treat you in other aspects of your relationship. But Cape Town counselling psychologist Jodie Franco warns you not to read too much into – and make dangerous assumptions on the basis of – the kiss. 'If he kisses you tenderly but kicks your dog, you'll have to adapt your idea of an idyllic future with him,' she says.

EYES WIDE OR SHUT

Jessica Simpson says she always keeps her eyes open during a kiss – but many people find it too intimate. Keeping

your eyes on each other heightens arousal, says Franco, and suggests that you're intensely sexual and ready for adventure. Someone who kisses with closed eyes is possibly more traditional and strait-laced.

LEFT, RIGHT

Dr Julian Greenwood from Starmills University College in Belfast, Northern Ireland, carried out a study to explore what the direction of head tilt during a kiss could reveal. He found that 80% of men and women tilt to the right, regardless of whether they're right- or left-handed. 'By turning the head to the right, a person reveals his or her left cheek, which is controlled by the emotive right cerebral hemisphere,' says Greenwood. These people are likely to be more emotional in

displaying affection than the 20% who lean to the left.

HOT AND HEAVY

A groping, breathy kisser isn't necessarily auditioning to be a porn star or having an asthma attack – he could be the kind of guy who always gets what he wants. He's genuinely aroused, says Franco, but if the breathing and groping escalate, it may show that he's in a hurry and feeling overwhelmed. Tone things down from your side; pull away, then try again. ☐

PASSION KILLERS

These four smooching styles suck – some eternally!

THE WHALE is all tongue, all the time. This kissing style isn't subtle; it's a strategic kiss that smacks of desperation and hints he's overbearing and overdemonstrative.

THE WASHING MACHINE takes you into an unpleasant kiss overload – he may be trying to demonstrate his skills but just doesn't know which move to pull first.

THE GOLDFISH lacks emotion. This guy is probably shy and reserved – he has some experience but hopes you'll take the lead and show him what you like.

THE BITER can be kinky but an aggressive kiss that borders on sadism hints that he may see you as little more than a possession.

KISSING SCHOOL

Lucky you if you've managed to snag a sensational smogger! For some of us, a guy who kisses badly won't make it to date number two. But, says Cape Town counselling psychologist Jodie Franco, 'Kissing has a lot to do with technique and this can be learnt and honed with practice.' It also has to do with getting used to each other: two overly forceful tongues can be tough on the mouth! Use your own mouth to guide his so he knows how you like to be kissed.