

THE SEVEN INVISIBLE SIGNALS



What his body is telling you,
before he says a word.



— Marta —

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A short guide from Marta, author of The Voice You Can't Ignore

Before You Read the List

I noticed the first signal at dinner, on an ordinary night, over something as small as where his eyes landed while I was talking. It took me months to notice the rest. Not because they were hidden. Because I hadn't yet learned to actually look.

Words can be chosen carefully. A story can be rehearsed until it sounds smooth. The body is much harder to manage, and once you learn to read it, it tends to tell the truth long before anyone says it out loud.

What follows are seven signals I learned to recognize, some from living through it myself, some from women who trusted me with their own stories. None of them, on its own, proves anything. That's important, and I don't want you to skip past it. A single signal is a data point, not a verdict. What matters is the pattern, and how it holds up over time.

Read this the way I wish someone had let me read something like it back then. Slowly. Without rushing to a conclusion. Just noticing.

The Seven Signals

1. The Eyes That Drift

When two people are really present with each other, the eyes say so before either of them speaks a word. Watch what happens during the conversations that actually matter, not small talk, the real ones. Does his gaze stay with you, or does it start wandering toward the door, the phone, the window, exactly when the conversation gets close to something real?

2. The Body That Turns Away

Posture rarely lies. Someone who's present leans in, angles toward you, closes the physical gap almost without noticing. Someone who's pulling away does the opposite, often in ways so small he probably doesn't even realize he's doing them. Crossed arms during easy conversations. A slight turn of the shoulders. A phone held like a small, unconscious shield.

3. The Touch That Disappears

I don't mean intimacy alone, though that matters too. I mean the small, automatic gestures: a hand on your back walking through a doorway, a kiss that isn't a routine peck, a hug that shows up because he wanted one, not because you asked. When those quiet, unscripted touches start thinning out, it's rarely about affection running dry on its own. It's usually about attention living somewhere else.

4. The Flash Before the Mask

There's a moment, less than a second, before a person's face settles back into its usual expression. Researchers who study this call it a micro-expression, a flash of true feeling that shows up before it gets covered over. You don't need training to catch it. You just need to actually be watching his face, not just hearing his words, especially when a subject gets close to something sensitive.

5. The Mismatch Between Words and Face

This one is subtler, and it took me the longest to name. It's the half-second lag between what someone says and what their face does while saying it. I'm fine, said with a jaw that's slightly too tight. Nothing's wrong, with eyes that don't quite land on yours. On their own these moments mean very little. Collected over weeks, they start to form a shape.

6. The Distance at Rest

Watch what happens in the unguarded moments, not the performed ones. How you sit on the couch at the end of the day. Which side of the bed feels closer or farther than it used to. Whether he still reaches for you without thinking about it, or whether that instinct seems to have quietly gone missing. Rest is when people stop managing how they come across, which is exactly why it's worth paying attention to.

7. The Defensiveness That Arrives Too Early

Notice how quickly a normal, gentle question gets met with defensiveness, before you've even finished asking it. Where were you tonight shouldn't land like an accusation if there's nothing to explain. When a simple, calm question consistently produces a disproportionate reaction, the reaction itself is information, sometimes more than the answer that eventually follows it.

What to Do With What You Just Noticed

If one or two of these signals sound familiar, that alone doesn't mean much yet, and I don't want you leaving this page more anxious than when you arrived. People go through stretches of stress, distraction, and exhaustion that have nothing to do with betrayal, and those stretches can produce some of these exact same signals.

But if you recognized several of these, if they've been building for a while, and if that quiet, persistent feeling in your chest hasn't let up no matter how many times you've tried to talk yourself out of it, that feeling deserves more than a short list like this one.

In *The Voice You Can't Ignore*, I walk through these signals in far more depth, alongside the ten questions I used to organize everything I was seeing into something I could actually trust, and the journal I built, night after night, to finally tell the difference between fear and truth. It's the book I wish someone had handed me on the night I first noticed his eyes drift across the table.

You don't have to figure this out alone, and you don't have to figure it out tonight. But you deserve more than a feeling you keep talking yourself out of.

With you,

Marta

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