

# How our smile affects our attitude

by Dr. Kyle Dalton



Before - Cindy Ussery with her old smile.



After - Cindy with her new smile.

When we walk into a room, we always seem to notice that one person who stands out above the rest. We wish that we showed that much confidence.

When we don't like our smiles or the way our teeth look and feel, it can define who we are. We tend to not smile as big as we want, not smile at all or cover up our smiles.

How do we think we can land that job when we don't even smile at the potential boss in the interview? Who wants to go on a date with someone who never smiles? How can we light up a room when we never smile to say hello?

Being embarrassed by a smile is very common. Teeth may be discolored, crooked, or even missing. Whatever the case may be, when we don't smile our attitude changes.

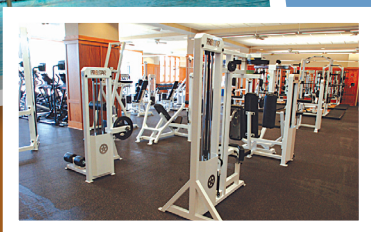
Studies have shown that 70 percent of what we think about a person is from the first impression. Also, it takes at least 10 positive events to overcome a negative first impression.

Of all the factors involved in a first impression, appearance comprises 80-plus percent; and a smile draws 75 percent of our attention. That means that a smile, good or bad, is a major factor in guiding a first impression.

Other studies have shown that:

- People with great smiles are far more successful.
- A smile is a major determining factor when hiring or giving promotions. In a tie, chances are the one selected will always have the better smile.

This may be related to the perceptions of others or more self-confidence, but the fact remains that a great smile will definitely have a direct influence on success.



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