

For you & your cat

What is your cat trying to **tell** you?

7 signals most owners miss,
and what they really mean.

BEFORE WE START

Cats aren't hard to read. They're just quiet about it.

Most of what your cat is feeling shows up in small signals: a blink, a tail, the way they sit near you.

We just weren't taught how to read them, so it's easy to miss what your cat is actually saying. And when the signals get missed, that's when cats start to seem moody, distant, or unpredictable.

In this guide you'll find 7 of the most common signals cats give, and what they really mean. Once you start noticing them, your cat stops being a mystery and starts feeling like someone you understand.

Ready? Let's get into it.

The Purr Method

A GENTLE GUIDE TO UNDERSTANDING YOUR CAT

7 signals

And what they really mean

SIGNAL 1

The slow blink

WHAT IT MEANS

A slow blink is your cat's way of saying "I trust you." It's one of the clearest signs of affection they have, and they save it for people they feel safe with.

TRY THIS

Catch their eye and slowly blink back. Many cats will return it. It's a tiny conversation, and to them it means a lot.

SIGNAL 2

The tail tells all

WHAT IT MEANS

A tail held high with a soft curl at the tip is a happy hello. A low, tucked, or fast flicking tail means the opposite: they're unsure, annoyed, or overstimulated.

TRY THIS

Read the tail before you reach out. High and relaxed means welcome. Twitching or thrashing means give them a moment.

SIGNAL 3**Belly up isn't a belly rub****WHAT IT MEANS**

When your cat rolls over and shows their belly, they're showing trust, not asking to be touched there. For many cats the belly is off limits, and a hand that goes in gets grabbed.

TRY THIS

Take it as the compliment it is. Stroke their head or cheeks instead, and let the belly be.

SIGNAL 4**Making biscuits****WHAT IT MEANS**

That rhythmic kneading with their paws is a leftover from kittenhood. It means your cat feels safe, content, and completely at home with you.

TRY THIS

Nothing to fix here. Enjoy it. It's one of the highest compliments a cat can give.

SIGNAL 5**The little "gifts"****WHAT IT MEANS**

A toy dropped at your feet, or something less pleasant, isn't an insult. It's sharing. Your cat is including you in something that matters to them.

TRY THIS

Acknowledge it gently and calmly, even if it's a bit gross. To them, it's an act of trust, so try not to react with alarm.

SIGNAL 6**The sudden nip while petting****WHAT IT MEANS**

Your cat isn't being spiteful. Petting can tip from nice to too much fast, and the nip is their way of saying "that's enough." The warning signs come first: skin twitching, a flicking tail, ears turning back.

TRY THIS

Watch for those signals and stop before the nip. Short, calm sessions build more trust than long ones.

SIGNAL 7**Hiding and going quiet****WHAT IT MEANS**

Cats hide discomfort by instinct. Suddenly hiding more, eating less, or over grooming one spot can be their only way of telling you something feels off.

TRY THIS

Notice changes early. A quieter, more withdrawn cat isn't just moody. If it lasts more than a day or two, a vet visit is the kindest response.

Want the full picture?

Your cat is saying so much more.

Reading these 7 signals is a lovely start. But your cat is telling you things every single day. *The Purr Method: A Gentle Guide to Understanding Your Cat* brings it all together. 34 pages on what your cat's behavior really means, and how to respond in a way that builds trust.

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www.thepurrmethod.com

Let them come to you.