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DOUBLE DUCH Body language expert reveals photos that prove Meghan Markle and Kate Middleton have gone from close pals to 'awkward' acquaintances

Royal experts claim the two duchesses have a 'frosty relationship'

ALIX KUHN
FRI, 05 Dec 2018 · Updated: TUE, 26 Feb 2019

THE relationship has been dubbed "extraordinarily tense" and cited as the most intense royal feud by insiders stepping away from the Sussex Royals.

As rumours of a royal rift continues to swirl around Meghan Markle and Kate Middleton, body language expert, Judi James analyses the telling pictures that show how the pair have moved from close pals to "awkward" acquaintances...

Evidence of a rift between Meghan Markle and Kate Middleton are rife
Credit: Getty - Contributor

Christmas 2017 - Smiling sisters-in-law

Last Christmas Meghan joined the Royal family at Sandringham - and the pair looked like the best of friends as they sang carols at the church service **performed**
Credit: Anti-Copyright - Getty

At the beginning, it appears Meghan and Kate as one of her role models to help her integrate into royal life and adjust to its protocols.

Last Christmas Meghan joined the Royal Family to attend a morning church service at Sandringham.

Her sisters-in-law looked smiles as they watch Prince Philip hint that the two women might have grown into a shared approach to the intended thinking. Gardening on fun, during the more formal royal get together.

The difference in the expressions showed a friendship that Prince Philip could see was developing between the Duchess of Sussex and Duke and Duke, but been.

At this stage Meghan was very much still in her induction period and learning on the job.

Meghan and Kate's informal smiles as they watch Prince Philip hint that the two women might have grown into a shared approach at the intended thinking
Credit: Anti-Copyright - Getty

February 2018 - Mirror image

While the two women were on stage, there was some superficial polycul stancing
Credit: Getty Images - Getty

In February Kate and Meghan attended the first annual Royal Foundation Forum to showcase the programmes run or initiated by The Royal Foundation.

While the two women were on stage, there was some superficial polycul stancing. Meghan mimicked pregnant Kate's legs crossed at the ankle and hand.

She also performs a facial cut off with her hand in a Kate gesture while Kate laughs.

Interestingly, this was the event that first displayed the sensible gap appearing between the two couples.

Meghan looked very relaxed and full with passion about the cause, despite the fact that it was Kate's project.

While Kate grinned at her, they hid empathy signals were clearly aimed at Meghan, who regularly touched her leg in a sign of ownership.

Kate grinned at Harry, but the empathy signals were clearly aimed at Meghan
Credit: Anti-Copyright - Getty

June 2018 - Cracks start to appear

Kate took her place standing in front of Meghan at 'Trooping the Colour' - but Meghan's smile looked strained
Credit: Anti-Copyright - Getty

Meghan's arm signals performing her signature hair touch gesture as a partial cut off, suggesting some awkwardness
Credit: Anti-Copyright - Getty

Less than a month after Meghan and Harry's wedding in May, she and Kate were pictured on the balcony of Buckingham Palace during Trooping the Colour.

Kate is communicative toddlerish and perfectionist when it comes to Meghan's outings - and is quick to be the look her sister Kate in front of Meghan.

Although she did look to communicate with her sister-in-law Meghan was spotted performing her signature hair touch gesture as a partial cut off, suggesting some awkwardness.

Meghan covers her mouth, suggesting she's hiding a naughty smile
Credit: Getty - Contributor

There's a moment where Kate fans front, appearing to cough, during which Meghan covers her mouth, suggesting she's hiding a naughty smile.

July 2018 - Veneer of friendliness

At Wimbledon Kate leans in and whispers in Meghan's ear as she speaks to her
Credit: Getty - Contributor

In July Meghan and Kate attended Wimbledon together, which signalled the moment attempt to move their relationship on from where the last to pitch.

They clearly both put effort into flagging up a sense of closeness and friendship. Kate leans in and whispers in Meghan's ear as she speaks to a regaze flatcap for the sake of decorum.

The closeness of their heads in these poses suggests trust and shared collusion, or a sense of confiding, while the sharpness of both their shoulder angles illustrate a desire to get closer.

Kate even appears to lean in and whisper in Meghan's ear as she speaks to her.

But the distance between the two women suggests that they could be in a stalemate
Credit: Getty - Contributor

However, there were clearly several displays of what seemed to be mistrusts of genuine closeness and growing friendship at Wimbledon, with the head closeness, giggling together and signals of confiding, much more subtle than before. The distance between the pair's partial distance suggests rather different approaches and personalities.

October 2018 - Meghan grows colder

Meghan used eye contact to partially engage with Kate at Augusta's wedding, but she kept some distance
Credit: Getty - Contributor

At Princess Eugenie's wedding in October Kate was pictured leaning in and using eye contact to engage with Harry in the press.

Meghan used eye contact to partially engage, but she kept some distance and a cool, cold smile.

Her signature hair touch gesture was back, signalling an apparent sense of mild awkwardness.

November 2018 - 'Relaxed' Kate v 'Uptight' Meghan

Kate enjoys her longer-term experience as a royal while Meghan's later stage in the family is evident
Credit: Getty Images - Getty

Earlier this month both Meghan and Kate appeared in the first official family photo since Prince Louis christening for mark Prince Charles' 70th birthday.

Kate enjoys her longer-term experience as a royal bump, grinning happily as baby Louis tries to grab at grandpa's bashall. Meghan is so much lower to the ground, her pregnancy bump is hidden by a flowing group which both arms hold rigidly down at her sides, warning pulling.

Kate is now talking a relaxed matriarchal role during royal family events. Her pregnancy bump reflects the relaxed ease and confidence that has built up over the years.

For Meghan the approach is still rather more formal and careful as she poses almost to attention at the side of the line up.

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Judi previously claimed it's no surprise 'sexual' Meghan and 'tot-lovers' Kate don't get on well.

Yesterday Kate Middleton shared clear rifts of a serious between her and Meghan, revealing she can't wait for the new royal baby.

Meanwhile it has been suggested Prince Harry was annoyed that his Brother had told "rolled over the red carpet" the Meghan and made her feel more welcome in the Firm.

Kate Middleton says she's very excited for Meghan and Harry's baby

Topics: Kate Middleton · Meghan Markle

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