

GRAPHOLOGY: WHAT DOES YOUR HANDWRITING SAY ABOUT YOU?

ARTICLE

Through graphology, one can learn much about the character of a human being. How you craft letters and words can indicate more than 5,000 different personality traits, according to the science of graphology, also known as handwriting analysis. To introduce students to the field, graphologist Kathi McKnight has them write *She sells seashells by the seashore* in cursive. Why cursive? Graphologists say it gives them a better read on a person. Write *She sells seashells by the seashore* on a piece of paper and read on...

If Your Writing Slants...

If you slant your writing to the right you are open to the world around you and like to socialize with

other people. To the left, you generally like to work alone or behind the scenes. If you are right-handed and your handwriting slants to the left, you may be expressing rebellion. If it slants not at all, you tend to be logical and practical. You are guarded with your emotions.

If the Size of Your Letters Is...

Large, you have a big personality. Many celebrities have large handwriting. It may suggest that you are outgoing and like the limelight. With small letters, you are focused and can concentrate easily. You tend to be introspective and shy. Average size make you well-adjusted and adaptable.

If Your Loops Are...

Closed for L (meaning the upstroke overlaps the downstroke): Feeling tense? This implies you are restricting yourself in some way. Full for L, then you are spontaneous and relaxed and find

it easy to express yourself. Closed for E: You tend to be skeptical and are unswayed by emotional arguments. And full for E: You have an open mind and enjoy trying new things.

If Your S's Are...

Round: You are a people-pleaser and seek compromise. You avoid confrontation. Pointy: You are intellectually probing and like to study new things. The higher and pointier the peaks, the more ambitious you are. Open at the bottom: You might not be following your heart. For example, you always wanted to be an artist, but you have a career in finance. Printed: You are versatile.

More Legible Handwriting - graphotherapy

How does it look, what you've written? If it's a scrawled mess, start by slowing down. In addition to that general rule, experts recommend focusing on five target areas to

improve the appearance and the legibility of your handwriting. Read their advice, and study which example they say is the model style (the last sample, in each case). The goal? Script that is easier to read—even “note”-worthy.

1. **Line Quality** - If your writing is faint, like a bad photocopy, simply focus on pressing harder. If you pressed so hard that your fingers got sore, correct your grip: Try to hold the pen between the pads of your middle finger and thumb, with your index finger resting on top. If you have trouble retraining yourself, try using an ergonomic pencil grip.
2. **Alignment** - Does your sentence tilt up or down on the page? If the answer is yes, use an index card to guide you when you write on unlined paper. Use the top of the note card as the base for each line of writing. And use the space between the lines on the card as a

reference for the amount of space you should leave between the lines of your note.

3. **Slant** - To straighten up a bit, adjust the angle of the paper. Think of your writing space as a clock, with 12 o'clock straight ahead. If you're right-handed, rotate the page so that the bottom-right corner is at 4 o'clock and the top-left one is at 10 o'clock. For lefties, the bottom-left corner should fall at 8 and the upper-right corner at 2.

4. **Spacing** - If your letters and words are too close together, they blend into one another. Too far apart and they get lost in space. Imagine a lowercase o split vertically in half. That's the correct amount of space to leave between each letter. A full lowercase o should fit between words.

5. **Letter Formation** - everyone has a letter or two that manage to get mangled in daily penmanship. Lowercase letters, especially

vowels, are the usual suspects. Look at what you wrote and circle the letters that aren't completely closed or are missing stems. Be more mindful of them and slow down.

QUESTIONS

1. What would you characterize yourself in three words? Would it change after what you've read now? Is there anything new for you?
2. Did you know, or did you use handwriting analysis ever? If yes where, and if not, where would you?
3. What is the real value of Graphology and why would you want to be a graphologist?
4. Do you think your writing style changed affected by your life style? Do you remember some of your school notes? Could it be affected by negative or positive experience so much it changes?

5. Did you ever heard about graphotherapy as a way to change not only your writing style, but effect desired subconscious changes in our personality?