

Your Handwriting Tonic A Pick-Me-Up

Graphotherapy Explained



By Fiona MacKay Young

www.potentiality.biz

www.handwritinganalysisbooks.com

www.practical-handwriting-analysis.com



Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

They say that when you're feeling down, if you go around with a big smile on your face all day, you will start to feel better.

It makes sense. If your body is saying "I'm happy" your emotions will eventually follow.

"Change through Handwriting" known as **Graphotherapy** can do exactly the same thing for you.

Instead of your facial expressions and general body movement, you use your body language by means of your writing.

The way you move your hand, and subsequently your pen, when you write, it also body language.



Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

If we all did it the same, all our writing would be exactly the same.

But it's not. Because we all use our own unique body language to express who we are. And do it is with your writing.

Here's how to give yourself a mental lift. A Tonic.

First read the information on the next page about how to relax yourself in preparation for the Graphotherapy Exercise.

Then follow through the writing exercise.

Using the traits shown in this booklet, sit down and write anything from a few sentences to a full page (or more) of writing.

Try to include as many of the traits listed here as possible.

If you make a mistake and write it your old way, just leave it and keep going.



Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

Graphotherapy works in the same way as any therapy does, in reprogramming your subconscious if you do it long enough and often enough.

In the short term, it gives you a lift. Give yourself a lift as you try this fascinating adventure into Graphotherapy.



Your Handwriting Tonic:

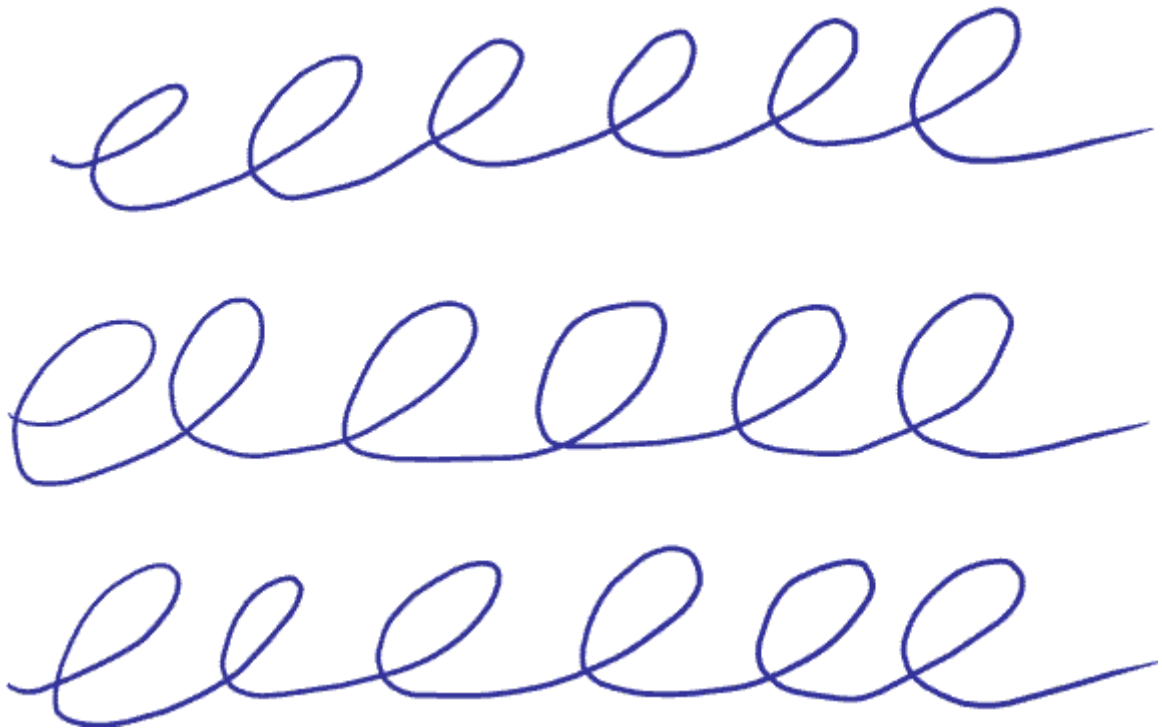
A Pick-Me-Up

Graphotherapy Explained

Pre-Graphotherapy Exercise

Find a quiet space and time.

With a blank sheet of paper and a ballpoint or pencil you feel comfortable with, write an entire page of gentle, script "e"s as shown below.



The softer and more gentle the better.

This exercise relaxes you ready for the next step.



Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

Cheer yourself up through Handwriting

Once you have finished your “e” exercise, take a fresh sheet of paper and start to write following the direction on the next few pages.

*I am usually cheerful
It's unusual for me to be down.*

A good place to start is with your mood.

We talk about feeling “up” or feeling “down.” Your handwriting follows these same ideas.

Lines of writing going uphill, towards the right, show **optimism**. So when you are writing to give yourself a lift, make your lines of writing go uphill.

Tip: Do NOT use line paper, as obviously this drastically limits the likelihood of your writing slanting uphill.



Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

*Take The Time To write.
It's a terrific investment
of your Time for Today.*

Here is more writing going uphill, but in the example another illustration of optimism is shown in the upward slanting t-bars.

Please note: downward slanting t-bars do not mean pessimism, but the desire to be in charge, so if you write downward slanting t-bars just now and like that trait in yourself, you can develop optimism just with upward slanting writing, keeping the down slanting t-bars.

Another “happy” trait is enthusiasm...



Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

Long sweeping t-bars mean **Enthusiasm** – always a good partner for anything, but particularly powerful when coupled with optimism.

*letters. If I used block letters,
what I'm writing.*

The writing above shows Enthusiasm with the length of the t-bars.

It also shows mild optimism in that the lines of writing run gently uphill.

Notice the downward slanting t-bar on the word “letters”. This writer likes to be in charge of things... but in a cheerful, optimistic way!

These two traits, Optimism and Enthusiasm, can give you an instant lift if you take the time to write out a few lines of writing including the upward slant of the writing, and the long, sweeping t-bars.



Your Handwriting Tonic:

A Pick-Me-Up

Graphotherapy Explained

So Keep Smiling

- **both with your face and with your pen!**

This booklet is free for your enjoyment.

Pass it on.

Like a smile – it's contagious.

Visit my Blog at:

www.practical-handwriting-analysis.com

(where you'll also find more extensive articles on Graphotherapy)

And find other books on handwriting analysis, plus lots more information at:

www.potentiality.biz