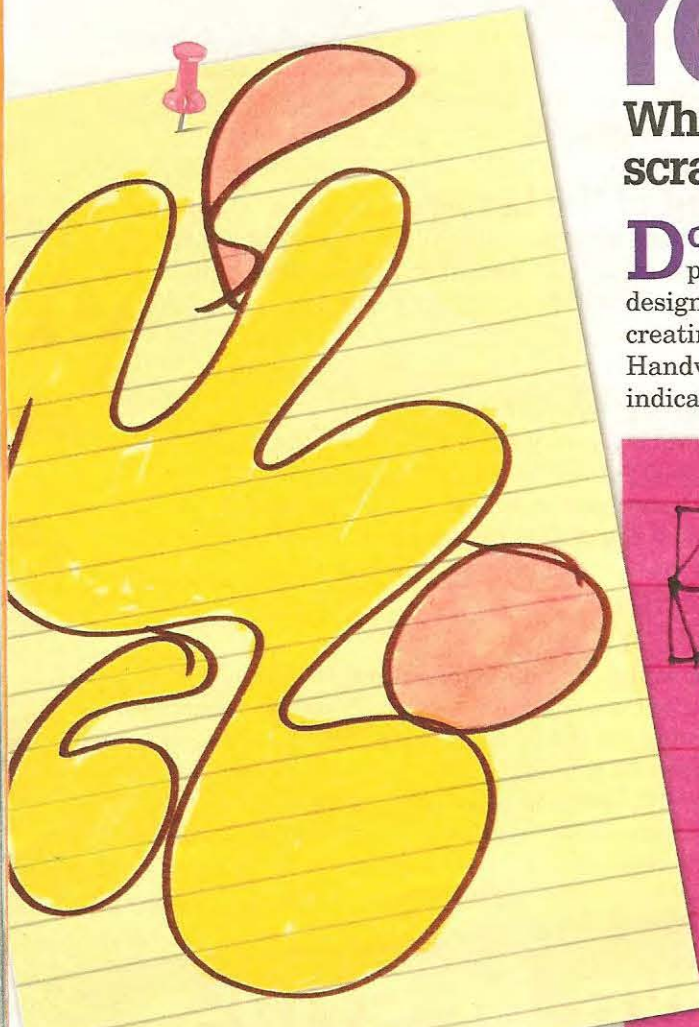


Your Doodles

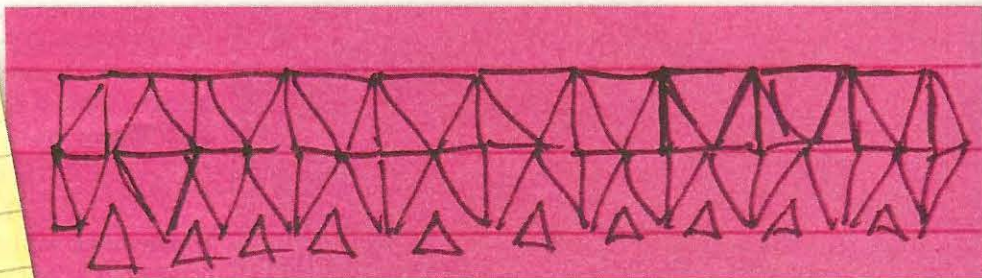
What do your pictures, scribbles and scrawls reveal about you?

Doodles are like dreams — cryptic hints that give insight into people's personality traits and subconscious desires. Drawing scribbles, designs or pictures during a meeting or phone call is your mind's way "of creating the life you're looking for," says Mark Hopper, president of the Handwriting Research Corp. So, what do your own kooky hieroglyphics indicate about your secret desires? Read on!



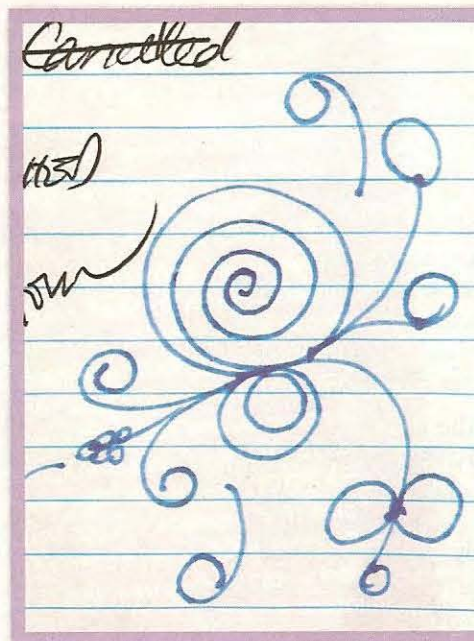
Abstract Shapes

● If your doodling looks like a convention of amoebas, you're creative and a free thinker, a fountain of ideas, a Paula Abdul trapped in a chorus line of lockstep dancers. You also probably have a rich fantasy life, notes Lowe. A progressive, draw-outside-the-line type, you definitely think outside the box! Those rounded, free-form shapes also indicate that you are a kind, compassionate soul who prefers conciliation to conflict, Hopper adds.



Diamonds, Triangles and Arrows

- The piercing points in diamonds and triangles are markers of an incisive, probing, inquiring mind swayed less by emotion than by scientific fact. Many diamond drawers are fond of shading in their figures. If this is you, it could mean that you are stubborn and unyielding. You might have some Mata Hari qualities, too: "Shading can also be done to cover up emotions," notes Sheila Lowe, author of *The Complete Idiot's Guide to Handwriting Analysis*.
- Arrows indicate a competitive, can-do woman of action, eager to tackle challenges. (Unless, of course, your arrow is piercing a lush, plump heart — then, guess what, you've got romance on your mind!)



Circles and Spirals

- You're a lover, not a fighter! Princess Diana's handwriting, Lowe notes, had "lots of rounded shapes," which indicate a need to give and receive love. In doodles, too, circles and rounded shapes (which might also appear as bunnies, bears or snowmen) lay bare a need to nurture and be nurtured. If you draw lots of rounded shapes, you could be somewhat round yourself: People who produce very circular doodles may have trouble keeping their weight steady, says Lowe.
- Spirals, a circular variation, are "a quality control repeat" that denotes a concern about following rules and social conventions, adds Hopper. And if your spirals taper downward in size, you are probably trying to contain your feelings.

Are Dandy

Words and Pictures

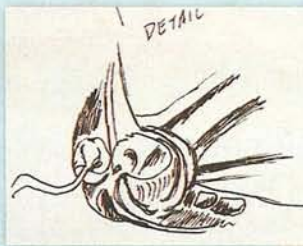
● You don't need a psychoanalyst to figure out what doodling the same word over and over signifies. You're obsessed with what this word represents! President John F. Kennedy used the repetition of words on paper during meetings as a way to "focus his mind and accomplish problem solving," says David Greenberg, Ph.D., author of *Presidential Doodles*. Favorites of Kennedy's, scrawled during Cabinet meetings and phone calls, included "Vietnam," "Cuba," "communism" and, inexplicably, "cheese."

● Do you find yourself doodling your husband's name on your meeting's agenda? You're preoccupied with thoughts of your man! If you're a word-scribbler, you're most likely witty and glib, highly verbal and cerebral,

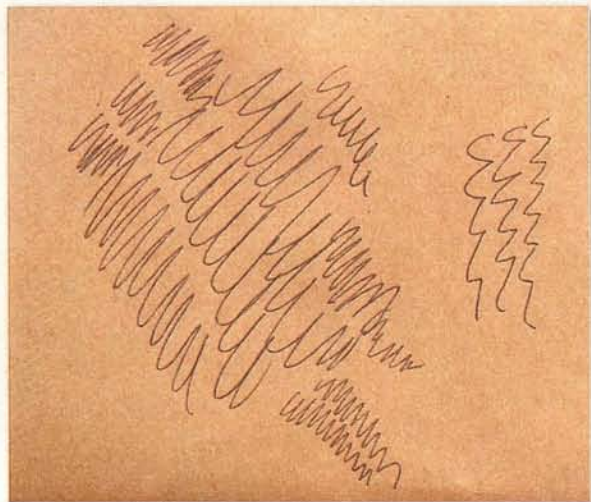
and probably handy with a clever toast when called on for weddings and birthdays!

● Pictures, similarly, reveal what is uppermost in your mind, though the style in which they are drawn is also important. (A caricature of your boss as a prison warden, for example, is obviously a world apart from a flattering, doe-eyed portrait.)

● If you're a habitual picture-drawer, you are probably an artistic, creative person with a polished sense of aesthetics. But to learn more from your impulsive sketches, ask yourself *why* you drew the doodle or person on the page before you. Subject selection isn't



random. During a long meeting, for example, there are many objects to choose from for an impromptu still life: a coffee mug, a chair or the conference table. But, notes Hopper, "if you chose, instead, to render the clock on the wall, it probably means you're bored."



Squiggles

● Squiggles are the trickiest forms to interpret, says Hopper, in part because they suggest "inscrutability." Squiggles show a lack of commitment to a particular shape or direction, says Hopper, and that's why squiggles are typically great ambassadors, politicians, diplomats — not to mention poker players! If you routinely make squiggles on your phone pad, then in addition to having a chameleonlike character, you may also be the shrewd, wily type.

Geometric Shapes

● Crisp, straight lines of geometric shapes usually indicate a task-oriented, determined problem solver, says Lowe. If you draw squares or houses (assuming you're not an architect), you may have a tendency to be preoccupied with safety and security. "You can have the cupboard full of canned goods, loads of insurance and money in the bank, but you still don't feel secure," notes Lowe.

● President Herbert Hoover "had the mind of an engineer," reflected in his elaborately joined geometric shapes, notes Greenberg. Like him, if you scrawl overcrowded schemes and patterns, you are fond of complexity and tackling complicated problems.



Did You Know?

In the 1930s, the doodles of President Herbert Hoover were made into a fabric pattern for a line of children's clothes called "Hoover Scribble Rompers."

