

The one sentence that reveals everything about you!

Want to tap into your hidden strengths? Get even closer to your clan? Beat stress? Just pick up a pen!

It's no wonder the FBI, police departments and employers often rely on handwriting analysis: Studies show that graphologists can accurately assess a person's personality 90% of the time! "Since it's the brain that instructs the hand how to move, the act of writing provides a window into the inner you," says Sheila Lowe, author of *The Complete Idiot's Guide to Handwriting Analysis*.

Want to know what your writing says about you? *Dot down This is how I write* on unlined paper—then keep reading!

If your writing . . .

Slants to the right: *This is how I write*

You're a people pleaser!

"The slant of your handwriting indicates your ability to feel and express emotion," says Lowe, and a slant to the right reveals you're a warm, spontaneous person who reaches

out to others. You believe in following your heart, which is okay for most decisions, but for something major, ask someone you trust for a second opinion.



Is perfectly vertical:

This is how I write

You're a thinker!

Those whose handwriting is straight up and down, tend to be logical and analytical. "This is someone who puts a premium on being fair," says Lowe. You weigh your words before speaking and think before acting—and that makes you a rock in a crisis!



Goes straight across:

This is how I write



You're grounded!

People who write straight across are realistic, centered and unflappable. The one thing that does rattle you? Failing to meet your own high standards! "Think of mistakes as learning experiences rather than knocks to your self-worth," suggests graphologist Sarah Holmes, "so you'll rebound faster from occasional setbacks."

Slopes downward:

This is how I write

You need a break!

Writing that runs downhill is associated with discouragement, so it could be you're under a lot of stress, says Holmes. "It's as if pressure from the top is pushing your writing down."

That's a dead giveaway that the heavy load you're handling is a strain, no matter how easy you make it look! Don't hesitate to ask for the help you need.

Slants to the left:

This is how I write

You're mysterious!



"A backhand slant is the sign of a private person who's sensitive and introspective," says Holmes. Do you have a flair for painting, writing or music? Show it! Backhand writers often express their emotions through the arts, but can be shy about letting their talents shine.

Goes uphill:

This is how I write

You're a go-getter!

A "rising baseline," as graphologists shows you're optimistic and self-assured. "This is someone who's always looking to learn new things and move on to their next accomplishment," says Holmes. But you can get easily frustrated if your progress isn't super-speedy. Try showing yourself the same patience you show others.



—Barbara Husted Crook