



Journaling & Graphotherapy

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# **Write now with Aditi Surana**

Free Anti Anxiety Journaling Workshop

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DAY 5



Hello homebird,

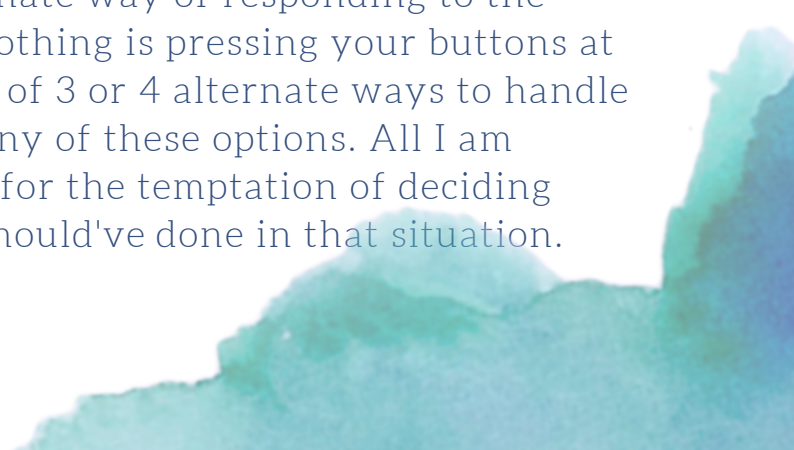
I know the lack of freedom to step out is getting to you. The pent-up irritation is waiting for a trigger so that your outburst can be understood (and also justified!). I hear you. The best thing forward is to buckle up. We have a long way ahead of us.

We all belong to a generation who has used handwriting for at least 10-12 years, if not more. We expressed our feelings through letters written by hand and were told good handwriting is a sign of good character. Let me burst this bubble by asking a question - "Do you think a good looking person always equals a good relationship? A good looking car equals a good vehicle? Well, the same is applicable to your handwriting! A good looking handwriting doesn't mean anything - good or bad. There are 800 handwriting strokes and every handwriting is created by permutations and combinations of those strokes.

Let's stop judging, body shaming, comparing and ridiculing your handwriting. It doesn't need to look pretty for it to be effective. Let's acknowledge that writing with your hands is forcing you to slow down. It demands that you rephrase and be clear in your thoughts, it is pushing you to be clearer and unknowingly making you more focused.

Let's come to today's question: *How will you respond to this (situation/trigger) if it occurs again right now?*

You have experienced the inseparable love affair between triggers and reactions. A loop that feels automatic, unbreakable and choice less. Think of a moment where you felt triggered and you behaved in an inexplicable way and ask this question. Right now, if you look at the same situation where you need not defend, protect, fight anything - what could be the alternate way of responding to the same scenario? When no one or nothing is pressing your buttons at this red hot minute, can you think of 3 or 4 alternate ways to handle it? I am not asking you to choose any of these options. All I am suggesting is to explore. Don't fall for the temptation of deciding what you should do or what you should've done in that situation.



## Graphotherapy practice of the day - The flow of thoughts stroke

Day 5  
Date: \_\_\_\_\_

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Question of the day -

‘How will you respond to this (situation/trigger) if it occurs again right now?’

## Day 5

Date: \_\_\_\_\_

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