



Journaling & Graphotherapy

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# **Write now with Aditi Surana**

Free Anti Anxiety Journaling Workshop

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DAY 1



Hello writer,

Welcome to '**Write now**' - an anti anxiety journaling workshop. I am equally excited (and curious) to take this journey together for the next 21 days. This is an explorative & in many ways explosive process and no matter how you attempt to go about it, I promise that it won't be easy. It will bring out some serious garbage that we hoped didn't exist. It may seem meaningless and mundane at times & giving up will appear to be an easier option than dealing with it.

However, I also promise to walk with you on this precarious path. I am not going to be your therapist on this journey, but a friend. A friend who will ask questions and be there patiently while you figure it out for yourself. We might not be able to solve all your emotional challenges, but I will do my best to create a toolbox. A toolbox so robust that at the end of this journey you will be a bit more firm, authentic, calm & tactical when it comes to dealing with anxiety.

### Setting the platform:

You are the protagonist of this film, who is entangled in his own script. If you try to untangle yourself without appropriate tools then you will remain stuck for a longer period of time. That is exactly why we need some hacks to make things smoother.

- **Graphotherapy:** Graphotherapy is an act of making conscious alterations in your handwriting in order to create desired changes in your personality and behaviour.
- **Journaling:** This is not a technique to chronicle the events like maintaining a diary, but it is a process to introspect & to ask some inciting questions. When you respond to these questions, you discover your own perspectives at a deeper level.
- **Handwriting:** This is not digital journaling. The act of writing is therapeutic. Through writing we express thoughts, wishes and emotions. It is like your mirror which will imitate you, laugh when you laugh, cry when you cry. The question is : Can we learn to use this connection of handwriting and our emotions to resolve our problems?

You have already shown tremendous courage by signing up. It's possible that you're here to create a change or change a pattern or you're just curious about my methods, in any case welcome aboard. This is it. Let's jump right here, write now.

Love,  
Aditi



## Graphotherapy:

I discovered the power of Graphotherapy, when one of my experiments led to my mother going off her type II diabetes medication. I managed to 'WRITE OFF' the anxiety that my mother suffered through for years.

Graphotherapy is a branch of graphology. **Graphology** is the study of personality traits of people, found in their handwriting. Some people call it the "psychology of writing." Each person has their own type of handwriting which is directly connected to their personality. When we change our handwriting, we send reverse impulses to the brain. The brain then sends out the new neuro-pathways, which alters our patterns & personality traits.

## Journaling:

There are no rules of keeping a journal. There is no right or wrong way to journal. You can't get it wrong.

Words may flow to you. You may struggle with words. You may just stare at the blank page. You may think in pointers. You may doodle. You may do none of the above or all of the above and all of it is allowed and accepted. Just do whatever feels right to you. Just keep journaling. Every single day.

Here are some pointers to get you started.

- Begin with the question of the day. Ask the question & observe your thoughts. If nothing shows up then ask again. If still nothing shows up then ask one more time and this time wait. Set a timer for the next ten minutes and wait. Give some time and space for the words to find you.
- Allocate 20 mins to your journaling.
- Initially try & find a quiet spot with no distractions. If possible write in the same place every day.
- Be as honest & authentic as possible.
- Keep your journal somewhere safe.
- Enjoy the process.

I look at journaling as a process of opening a wound and Graphotherapy as applying medicine. They both have to go hand in hand.

If we stay consistent and follow the instructions carefully, we can create a long lasting shift in the way we think. This is extremely vital to the process of 'write now' journaling.



Day 1  
Date: \_\_\_\_\_

[illegible]

'What are you trying to fix right now?'

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.