

Handwriting Analysis

By Mikey Shultis, age 18

Jo Coppola-Griffiths has been working with young people in the AWARENESS Peer to Peer Youth Program since its inception in 2006. She uses her unique skill as a handwriting analyst and her degree as a licensed mental health counselor to help kids understand their core personalities and reflect on their behaviors.

Handwriting analysis is a science and an art. Most people do not understand the power of the brain's ability to show what is going on deeper in a person's core through handwriting. Handwriting analysts or graphologists see things in writing in the moment a sample of handwriting is created. If a person is experiencing pain, mental problems, a physical illness, blockage in the heart or brain, or any symptom that the body internalizes or feels, these can be seen in that person's handwriting sample. The handwriting analyst can also see a person's ability to work through issues or not--many people do not desire to work through complications and traumas because of the pain this involves. Handwriting analysis gives a person the tools necessary to become aware of their problems and to start the process of healing.

When Jo works with kids in the Peer to Peer program, she almost always tells them to buy a blank and unlined journal to write in. Journaling is always associated with healing because it comes from the brain, and through the heart by way of emotions. Journaling is, in a sense, a pathway to the heart. It allows people to really feel, on paper, and to learn about themselves and therefore, to grow. Jo also suggests that people create art--not the type of art that makes sense because you draw a flower or scenery, but abstract art, which reveals the artist's mental and emotional state. Some of what comes out of drawings, similar to handwriting, is incredibly powerful. Jo is able to analyze drawings done by all kinds of people, from babies just learning how to doodle to much older people.

We all need to be healed, because life is a series of disappointments, challenges, and wrong choices. Talking to ourselves, so to speak, on paper through journaling helps us get to know ourselves better and to work through our problems. It is a way to say, "I can handle what comes before me, no matter what, because I know myself and I will be ok". The AWARENESS Program is piloting an evidence-based journaling program in conjunction with Jo to help youth learn to utilize this valuable tool.



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LIBRARY

Kingston Library: 55 Franklin St. Mon: 4-5 Bookmaking club
Tues: 10:30 Toddler Story hour Wed: 10:30 Story Hour Thur: 3:30-5
Teen Art Club Call 845-331-0507 x7 or kingstonlibrary.org

New Paltz Elting Memorial Library: 93 Main St. : Mon 6:30 pm Chess.
Wed 4:00 Knitting kids Fri 6:30-7:30 Movies call 845-255-5030 or
eltinglibrary.org

Olive Free Library: 4033 Rt 28 Shokan Mon: 5-6 4-H Girls, Tues:
10-11 Story Hour. Activities for children, teens call 845-657-2482 or
olivefreelibrary.org

Phoenicia Library: 9 Ava Maria dr. Mon 3-5 Homework help, Sat:
10:30-12:00 Event programs, Sat 1-2:30 Art hour. call 845-688-7811/
or phoenicialibrary.org

Poughkeepsie Library: 504 Haight Av. Teen Room Open: Mon/
Tue2-6, W/Th 2-8 Fri/Sat 2-5. Reading Buddy Program. 845-454-

This journal is dedicated to the

Jo Coppola-Griffiths, Handwriting Analyst

*Dear Mrs. White,
Just a short note*

Large writing



Jo Griffiths with Judge Bacon form New Paltz court at an awareness presentation.

Small reflects a personality that is more shy, less interested in being with too many people.

Medium writing is average so socially, it can go either way.

Large writing is for the extroverts! They need people, they enjoy crowds. If the writing is very **gentle**, and very **pretty**, this conveys a person who is social like a butterfly, wanting to make people happy and love light and colors and are generally looking for less intense relationships.

Heavier large writing can be a person who is more strongly opinionated, they like to rule and don't like taking orders.



Slants are also very interesting.

Overly **right** slanted writing are people with very emotional personalities, they can be intense and they feel much more than the vertical slanters (no slant). These folks will almost always make a decision with their minds and not with their hearts, like the right slanters do...

The **left** slant is very much about the past. Those folks are more comfortable in their comforts - memories, things and people that are comfort.. not big on too much emotion unless they are again, comfortable...



A = good goal direction
B = optimism
C = pessimism, fatigue
D = moody, restless

For more information, go to voyageofthepen.com and www.awarenessinc.org

CALENDAR

9308 or poklib.org

Rosendale Library: 264 Main st Wed evening events 7:00. sept 14 Freedom Gardner Horticulture, Oct 17 The American Crow, Nov 14 Climate Change at Mohonk. 845-658-9013 or rosendalelibrary.org

Saugerties Library: 91 Washington Ave. Mon: 6:30-7:30 Lego Club, Tue & Wed 3:30-4:30 Teen Club (video & crafts). call 845-246-4317

West Hurley Library: 42 Clover st. Mon: Pre-school story hour 10:30, Weds: Knitting Group 6:00-8:30, Movie every 4th Monday Call 845-679-6405 or westhurleylibrary.org

Woodstock Library: Tue: 4:00 Early Readers Story time Wed: 10:30 story time w/ Plumflower Thur: 4:00 Lilliput Players Sat: 10:30 Family special guest storytellers & performers. Call Lesley Sawhill 845-679-2213 or email: Woodstock.org

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