


FUNSHEET

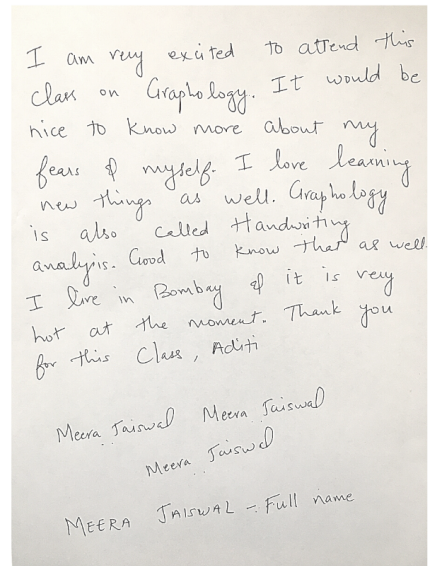
CODEPENDENT RELATIONSHIP

ABSOLUTELY
 **WRITE**
WITH ADITI SURANA


IVM PODCASTS

How to create your handwriting sample

- Let's start with an A4 unruled paper. (Yes, the one used for photocopying / printing.)
- Think of a topic that you would like to write about. You can choose anything...Literally anything.
- Now spontaneously write a paragraph of 8-10 lines using a ball point pen. Do not copy it from anywhere.
- Autograph, please. Make your signature/signatures 3 times. (Incase if you have different ones for the bank, etc).
- Finally end with your FULL name in CAPITALS and email it to write@aditisurana.com



www.aditisurana.com

Create your own handwriting sample

CODEPENDENT RELATIONSHIP

What is a codependent relationship?

There is some degree of dependency in each and every relationship. However in a codependent relationship, your partner's approval becomes crucial. It is paramount to your happiness, an ultimate measure of your emotional gratification.

There are many signals of codependency, and they are different for different people. Know you are in a codependent relationship when you feel -

- you have to set yourself on fire to keep the other person warm.
- You Feel guilty to do anything outside the relationship
- You desire to control how your partner feels about things.
- You fear saying no.
- You hold each other responsible for all the needs- Physical, emotional, intellectual, spiritual.
- You tolerate & put up with abusive or harmful behaviour as long as you are together.

How many of them are applicable - _____

Graphology tool of the week

Take any M. capital, lower case, angular, soft and rounded. It doesn't matter. Each M has two humps. If the second hump is taller than the first one then the writer seeks may have signs of being codependent.



True or false

Though every person with this M stroke might not be in a codependent relationship - as relationships are shaped by both the partners, however, every codependent person has this stroke.

What is an interdependent relationship?

As per the marriage counselling textbook definition *interdependence* is two people capable of functioning independently & still choose to be together as they share power equally and take responsibility for their own feelings, actions, and contributions to the relationship.



“Love rests on two pillars: surrender and freedom. Our need for togetherness exists alongside our need for separateness.”

**World renowned relationship expert,
Esther Perel**

Use handwritten journaling to slow down and give a physical outlet to your deep rooted emotions on this topic.

1. *How do you help?*

2. Are you divorcing yourself to be in this relationship?

- If yes, then how?

- If yes, then what can you change?

3 . Do you trust people when they show you who they are?

Many codependent people are relentless about changing the critical, addictive, narcissistic or even abusive parts of their partner's personality. It gives them purpose, and meaning.

Do you do that? Yes or no

If yes then describe 2 -3 instances.

4. Do you know how to agree to disagree?

Let's accept if you have that letter m in your writing you freak out when you see people refusing your ideas, rejecting your plans or disagreeing with your preferences. You take it personally. Without your knowledge you react, get upset or withdraw.

Create a list with 10 ways in which people can say no in a healthy manner.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

*5. Do you have multiple friend circles to do different things with?
If yes, name a few*

*If no, then think of 3 groups you would like to join - writing club,
movie appreciation club, zoom dance meetups.*

CALMSUTRA WITH ADITI SURANA

A graphotherapy practice to induce calmness

Join us every Monday for a Calmness based handwriting meditation called, 'Calmsutra with Aditi Surana'. Aditi will be doing a handwriting based meditation process, live on Instagram for 12 minutes,. All the details are mentioned on www.aditisurana.com/calmsutra



Graphology Masterclass for beginners

Know yourself better

We are keen to know what were your takeaways? What small action will you be taking today to improve something in your life? Do share your experience and send your questions on our instagram handle @Aditisurana.

To learn graphology or know more about how Aditi can personally coach you, visit our website www.aditisurana.com