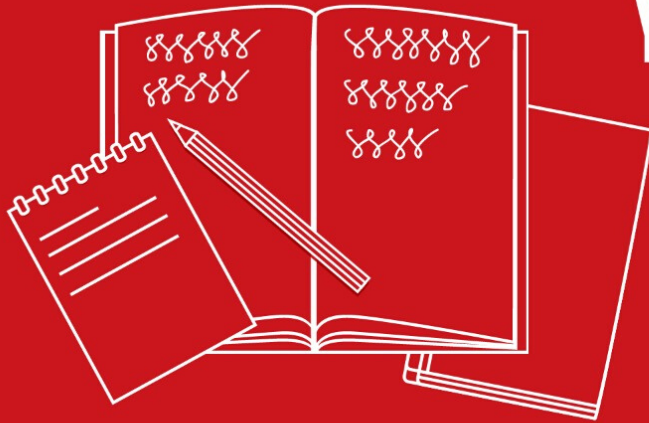


FUNSHEET

WRITE OFF
YOUR ANXIETY



ABSOLUTELY
 WRITE
WITH ADITI SURANA


IVM PODCASTS

WRITE OFF YOUR ANXIETY

Hello listener,

Hope you are safe. Thank you for being here. The fact that you have reached this document shows that you are committed to 'write off' your anxiety. This quarantine situation is changing and will change our idea of normal. The new normal will demand more resilience and calmness to cope up with the change. Anti Anxiety journaling is a way to employ graphology, graphotherapy and handwritten script to fight the hidden, deep rooted and crippling fears. So where do we begin? A few days before the lockdown I started a free anti anxiety journaling workshop called - Journal write now. We are sharing 7 days of that workshop in this funsheet. Simply print the next 14 pages of this document and you can begin your short journaling module or you can join the whole module by registering on

www.aditisurana.com/writenow

Journal 'write now' is divided into 3 parts:

- A. Understand the concept or the question that is asked for that day,
- B. A page of Graphotherapy practice called 'flow of thoughts'. Graphotherapy is an act of making conscious alterations in your handwriting in order to create desired changes in your personality and behaviour. Every question stirs the pot, giving graphotherapy deeper access to look underneath your fixed ideas and patterns. Learn this stroke by carefully watching this video: <http://tiny.cc/flowstroke>
- C. You respond to the question in the old school handwritten style. To me 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. There is no right or wrong answer. Your genuine, authentic response is the answer.

Every question mentioned in this doc is explained in the free 21 day journaling workshop with an explanatory video and a write up. Registration link: www.aditisurana.com/writenow

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?

Stay in touch on Instagram [@aditisurana](https://www.instagram.com/aditisurana). Let's talk more next week. Till then, Happy writing!

