## FUNSHET ARE YOU DEFIANT? CHECK YOUR LETTER K





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Write this line - Kabir bought cakes and cookies.

Observe the way you write your lower case K. Not the capital letter in Kabir but the lower cake K in cakes and cookies - if the lowercase K looks like your upper case K, then it shows that you are a defiant person. It means:

- 1. You hate authorities & authoritative people.
- 2. Dislike rules, regulations and instructions
- 3. You associate authorities as someone who misuses power.
- 4. You do one of the three things
  - o They pick a fight and establish their authority
  - o Say go to hell on your face or
  - Walk away quietly, withdrawing from the conversation basically non verbally conveying - go to hell.

Taganese people are very honest & lower. They are very punctual & they will duays come extry if they have many people are have many people are have many people and have many people are the have many people and have many

et you wear, what you est a drink, what ow up you show making your choices, you are while making your choices



## How to deal with a defiant person -

- Instead of saying You must do it. Say do it or don't do it.
- Stay away from have to, must, should.
- The show must go on. When they walk away, withdraw or throw a tantrum, make sure that you step up. Get the work done without making them wrong. After a few attempts, they will realise that the tantrum is not working. Also know this you are not misusing your power to control them. You just want the work done.

If you are a defiant person yourself, use these 3 questions for handwritten journaling:

. "What does	authority me	an to me?"		



2. Who misused authority when you were weaker than them?
In most cases, I have found defiance develops when kids are bullied by parents, elder siblings, teachers or even strangers. The sense of helplessness in the moment festers resentment.
<ul> <li>What can you do when you get triggered in defiance?</li> <li>Think of 5 alternate ways to deal with such situations in the future. Avoid being critical of others or your own self. Be more solution oriented.</li> </ul>
If it impacted you, then be the first one to create that impact on others.  Analyse someone's handwriting and see if you can help them in any way.  If you find that defiance K, then do send me a photo. & tag my Instagram

handle @aditisurana.



## **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



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