


FUNSHEET

ARE YOU DEFIANT?
CHECK YOUR LETTER K

ABSOLUTELY
 **WRITE**
WITH ADITI SURANA


IVM PODCASTS

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.

- What can you do when you get triggered in defiance?

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.

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](https://www.instagram.com/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



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