





# 11 Big Fears in Grapho-therapy

By Bart Baggett

**What are the 11 Major fears which can be successfully addressed through Grapho-Therapy?**



Fear of \_\_\_\_\_



Shown by a down-turned y or g that doesn't go above the baseline. The closer it comes to the baseline, the closer the person will approach the finish line, then turn away. Often a feeling of dejection occurs near success, thus this person gets very close to success, then fails.

**fear of success**



Fear of \_\_\_\_\_

*it to stem it*

Shown by the t-bar crossed very low on the stem. This person fears failure and resists change. He often remains in bad situations and relationships far too long and finds imperfections with himself. He is rarely successful enough in his own eyes despite his accomplishments.

**low self-esteem**



**Low self-esteem**

Fear of \_\_\_\_\_



Shown by the large looped stem in the lower case d or t. The bigger the loop, the more painful criticism will feel. If the loop is really inflated, this person will imagine criticism. The d-loop relates to appearance, and the t-loop relates to sensitivity about ideas or philosophies.

**sensitive to criticism**



**Resentment +  
Self-consciousness +  
Low self-esteem**

**Resentment +  
Impulsiveness +  
Abstract Imagination  
(wide open upper loops)**

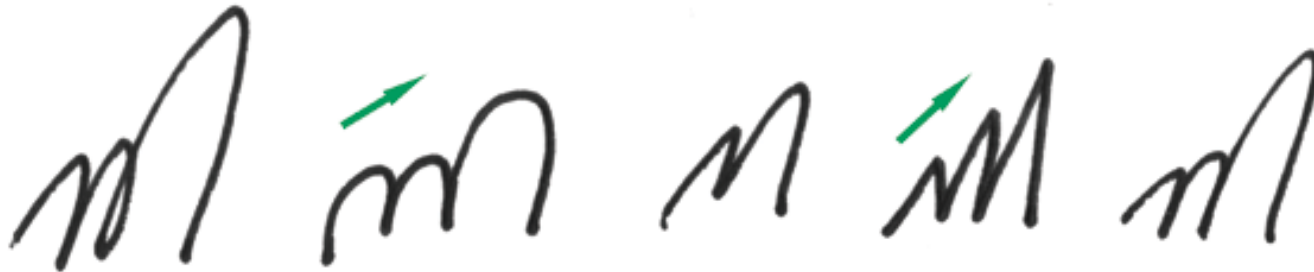
**Vanity +  
Withdrawal**

**Comprehensive Thinker +  
Narrow Minded +  
Resentment or  
Resistance  
(Reverse resentment stroke;  
downward moving diagonal  
stroke)**





Fear of \_\_\_\_\_



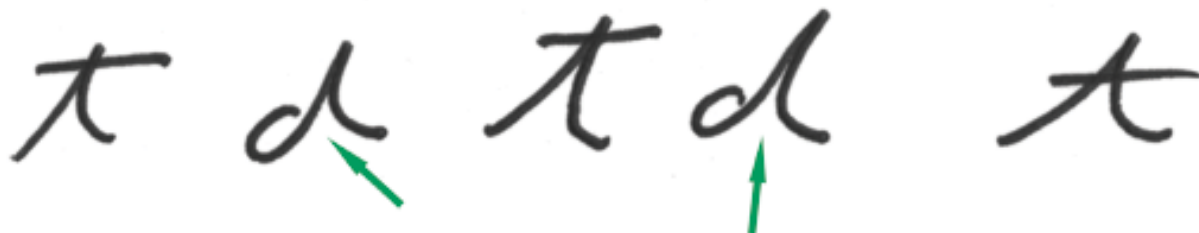
Shown by the increasing height of the humps on the m's and n's. When the second hump is higher than the first, this person has a fear of being ridiculed and tends to worry what others might think when around strangers.

**self-conscious**





Fear of \_\_\_\_\_



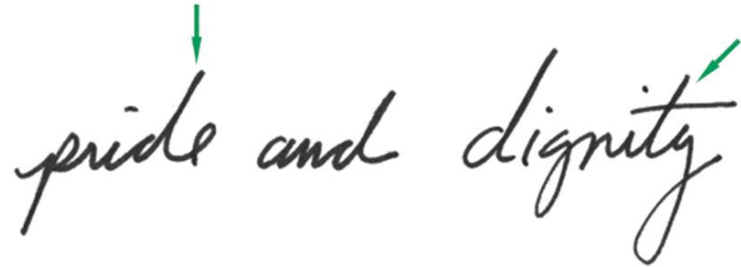
Revealed by t and d stems shaped like a teepee or upside down "V". The more this letter is braced, the more this person is braced to defend his own ideas. Stubborn people have a fear of being wrong, and don't want to be confused with the facts after they have made up their minds.

**stubborn**



# Fear of \_\_\_\_\_

**Vanity** - Unrealistic/  
warped self-image covering  
for low esteem. This breeds  
arrogance and other defenses.

A handwritten cursive phrase "pride and dignity" in black ink. Two green arrows point to the stems of the words "pride" and "dignity", highlighting their structure.

Shown in the t and d stems that are retraced and taller than normal. These writers will demand respect and expect you to treat them with dignity.

**pride & dignity**

**Vanity has taller stems than pride & dignity,  
the stems are normally 3 times the middle zone.**

Fears and Defenses 3



**Vanity**

I saw the purple people eater say, "you and  
your silly reading monkey do not go home from  
the zoo." It was the strangest day. I didn't know  
people eaters could talk so well. At least that  
silly monkey was reading a good book.

Francine Davis



# Fear of the loss of one's love



A tight beginning loop that is small and almost square. It must make a completely closed circle. This person fears the loss of someone's love. He can be very possessive and competitive. Jealousy increases if combined with other insecurities and fears.

**jealousy**



# Advanced Stacked Traits

**Analytical +  
Impulsiveness +  
Resentment**

**Resentment +  
Low Esteem +  
Vanity**

**Acquisitiveness +  
Resentment**

**Acquisitiveness +  
Resentment +  
Low Esteem**



Italian, Oh I am  
am glad that we  
still Friends can  
said that he had  
ed to Ken and  
to Ken was giving  
the dummy a box  
oh oh duck





Fear of \_\_\_\_\_

*To acquire knowledge, one  
must study; but to acquire  
wisdom, one must observe.*

Revealed by a straight and even baseline that you could draw a straight line underneath. This elegant and pretty handwriting is that of a person who spends time and energy putting everything in its place and reviews work trying to make it precise. Aims for perfection.

**perfectionist**



**Perfectionist**



Fear of \_\_\_\_\_

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## Domineering

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Down-slanted t-bar, to the right, with a sharp ending. The dominant person tends to fight for control. He takes charge, insisting people follow him. The sharp t-bar signifies sarcasm, whining, griping, and possible cruelty when he doesn't get his way. An unpleasant trait.



Fear of \_\_\_\_\_



Shown when the lower loops of the y's, g's and sometimes j's are retraced completely. The anti-social person does not trust anyone and rarely lets people get close enough to really know him. He fears getting hurt emotionally. This is a roadblock to intimacy.



**Fear of Trust & Intimacy**

Fear of \_\_\_\_\_



Shown by a combination of loops in the right and left side of lower case a's and o's. Inner loops that cross signify a person that is not comfortable telling the whole truth. The bigger the loops, the bigger the lies.

**lying**



**Fear of being Authentic**

# Pop Quiz

Draw a letter t that indicates someone feels an excess need to control things and others.

Answer the questions in your own handwriting.

Which one fear, if any, shows up in your own handwriting?

How would your life benefit if you erased or changed that trait from your character?





**THE END**