

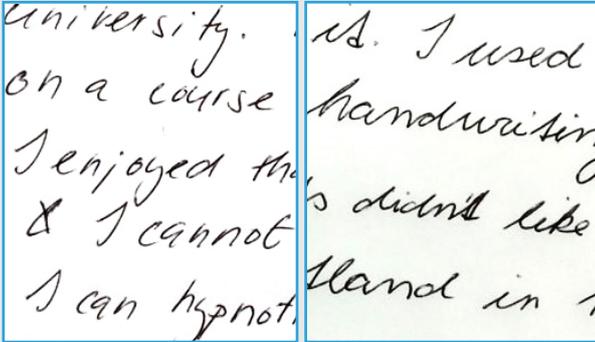


HANDWRITING ANALYSIS

for core psychological strengths

*Find your strengths
realize your potential*

Basic graphological profile of Renata G.



Renata is a woman, 38 years old. Teacher, mother, wife, passionate of knowledge, philosophy, neurosciences and family life.

ESSENTIAL PROFILE

Carried by Annarosa Pacini
expert graphologist, life coach, counselor

The graphological profile highlights core qualities of our personality, which can be used to evolve our lives & achieve our goals on a psychological, material and spiritual level

This is an **essential graphological profile**. The indications concern only some of the main aspects. **The complete graphological analysis is available in a life coaching mode:** all the indications emerged from the handwriting analysis (to which are added also some drawings), are presented and analyzed in a 90-minute meeting, even at a distance, via Skype. For request and info contact me to info@annarosapacini.com

Important: this graphological profile is carefully studied, analyzed and written by a human expert, not by an automatic program.

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Not to lose sight of

The choice of a writing register that is not cursive (in this case, the script) always indicates the effort to adapt to a request coming from the outside.

In this case, it denotes great willpower, ability to respond to the expectations of the environment, to sustain prolonged efforts. But at what price?

That model of writing is not you. The most important thing for you is finding the right way – for you, not for others – to express your nature.

Over-control entails tension, and tension, in the long run, does not make us happy.

On the other hand, using the ability to do well and control together with the free expression of your original characteristics can allow you to be more satisfied with yourself and relationships with others.

Who you are, what you do

Why you doing that? The answer is fundamental. Sometimes we do it for ourselves, we adapt to a model because we think it's better. Others, however, because we are not fully aware of our value.

In your case, it is a choice you made to try to defend yourself from situations and relationships that made you suffer. Too bad that when we adopt models different from ours, we somehow "sacrifice" even some important components of ourselves.

Of course, it is not everyone's able to do it. You are a very capable person to carry out your commitments, if you decide something (if you put something in your head) that for you is really important, you do not stop. But sometimes it costs you a lot of effort, maybe too much.

Even if you do not see outside, finding your safety requires a lot of relaxation, and, in the end, the results do not always give you the satisfaction you want.

Since you have chosen the script, as "your" writing pattern, it can give us some indications, but always and only cursive is our source and our goal.

When you do something, you feel the need to de-



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open it step by step. Only in this way you feel safe. From the outside, sometimes, you may seem a little too “attached” to your habits or ways of doing things, as if you were a little “stiff”, but it is a strategy that you use to protect yourself.

It is not easy to come into deep contact with you, you use many screens, and you only manifest yourself when you think you can really be understood, and not judged. Try to get away from the conditioning that comes from your family of origin, in particular, from the mother figure.

You are a brave person, facing new businesses, but you feel the need to do it with your times and your ways. You are certainly not a rash person, in fact, if you start something, and then you see that it does not convince you, you can retrace your steps. If you are passionate about it, then you would not want to stop.

This is an important thing to keep in mind, in relationships: the first impression is not always the right one. Give yourself time to know, to deepen. You could discover extraordinary things – and people –.

In depth

And now, let's deal with the cursive.

It's not easy for you to be yourself. Past life experiences have convinced you that it was better not to show your sensitivity. Also because, sometimes, it happened to you to yield, not to be able to defend your positions, your ideas. What you can do better today.

It is as if, on the one hand, you knew that you are a woman full of resources, strength, and energy, and on the other, you still feel like that child who could not assert herself and ended up undergoing the decisions of others.

We must say that being able to adapt to the demands of others is a gift, not a defect. It is not good when we, for this reason, perceive ourselves as if we were weak. Therefore it is important to train ourselves to use our amiability and our ability to recon-

cile with the exercise of our willpower.

You are a person who wants to find the right sense of measure, in life and in relationships with others. You have a lively intelligence, able to grasp and intuit even what goes beyond the reality that you see. But you do not follow your intuitions very easily, because you like to be in control of what you do.

You are a private person, and protect yourself and the things and people you love from external invasion. Sometimes your reactions can be a little harsh, a bit strong. This is because you tend to accumulate over time, you do not immediately manifest what you feel and what you think, and when you do, you may seem exaggerated, but in reality, in your inner dimension, it is not.

Being your authentic self

What do you need to achieve? First of all, train yourself to use your sensitivity, your ability to understand, to build positive relationships together with your strength and your determination.

Working on trust, if you give it to them, people can understand you. This does not mean being accepted or pleasure, simply being ourselves. Then you will choose what is good for you. It will also be easier to distance yourself from what you do not like, and cultivate what brings joy into your life.

Train yourself to be more flexible, to take things more lightly. Dedicated to activities, even professional, choosing an environment that you like, so you can organize it so that it can be in full harmony with your way of being.

Finally, as far as emotional relationships are concerned, if you learn to express more deeply your feelings, others will be able to better understand the nature of your reactions. Otherwise, it may happen to you to feel a bit ‘closed, a little’ oppressed, and at the same time not satisfied with the way you carry things.

Always find time to devote to yourself to recharge. It will be for the benefit of everyone, even of the people you love.