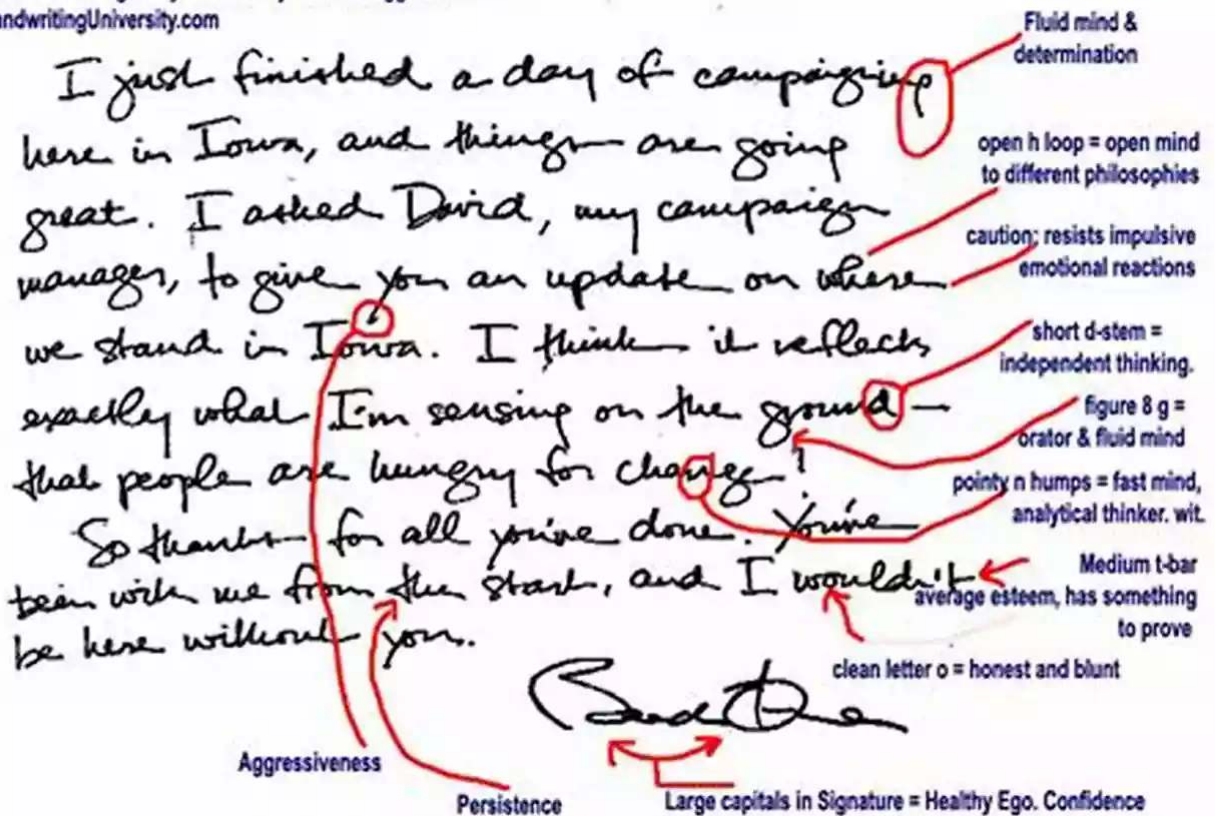


# What Makes People Do Things They Shouldn't Do: Handwriting Expert

O'Bama's handwriting analysis notes by Bart A. Baggett ©2008  
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Have you ever wondered why people sometimes engage in activities that they know they shouldn't be doing? What drives their actions and behaviors even when they are fully aware of the consequences? Meet John Anderson, a renowned handwriting expert who has spent decades uncovering the secrets hidden within handwriting. In this article, we delve into the fascinating world of handwriting analysis and explore how it can provide valuable insights into the motives behind people's actions, shedding light on the age-old question of what makes us do things we shouldn't do.

## The Art and Science of Handwriting Analysis

Handwriting analysis, also known as graphology, is a method of analyzing the strokes, shapes, and patterns in a person's handwriting to gain insights into their personality traits, behaviors, and emotional states. It is a combination of art and science, requiring a keen eye for details and an understanding of psychology.



## **EQUILIBRIUM: What Makes People Do Things They Shouldn't Do (Handwriting Expert)**

by Teresa Seton (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 1060 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 77 pages

Lending : Enabled



John Anderson is a pioneer in this field, having dedicated his life to studying and deciphering the hidden meanings behind handwriting. According to Anderson, our handwriting is a direct reflection of our subconscious mind, providing a window into our thoughts, fears, desires, and motivations.

### **The Influence of Unconscious Beliefs**

Anderson believes that one of the key factors driving people to do things they shouldn't do lies in their unconscious beliefs. Our unconscious mind holds a network of deep-rooted beliefs and values that shape our thoughts and behaviors, often without us realizing it.

Using his expertise in graphology, Anderson studies the handwriting of individuals who have engaged in questionable behaviors, such as fraud, theft, or other illicit activities. By analyzing the unique characteristics of their handwriting, he identifies common patterns that point to specific unconscious beliefs.

For example, individuals with a tendency to engage in dishonest practices often exhibit certain handwriting traits such as irregular baseline, heavy pressure, and disconnected letters. These traits indicate underlying feelings of insecurity, lack of self-worth, and a desire for material gain – all contributing factors to their questionable actions.

## **The Role of Emotional State**

In addition to unconscious beliefs, emotional states can influence our actions in unexpected ways. Anderson has discovered that analyzing handwriting during different emotional states can provide valuable insights into the motives behind certain actions.

Through his studies, Anderson has found that handwriting under emotional distress, such as anger or sadness, often reveals impulsive behaviors and a lack of self-control. These emotional imbalances can lead individuals to act impulsively, overriding their better judgment and causing them to engage in actions they shouldn't.

## **The Power of Habit and Conditioning**

Another aspect that plays a crucial role in driving people to do things they shouldn't do is the power of habit and conditioning. People are creatures of habit, and repetitive behaviors can shape their actions, often leading them down the wrong path.

Anderson explores the connection between handwriting and habit formation, studying individuals who have fallen into patterns of destructive behaviors. By analyzing their handwriting, he identifies repetitive strokes and specific characteristics that indicate a strong inclination towards addictive tendencies or cycles of harmful actions.

## **The Search for Self-Fulfillment**

Ultimately, Anderson's work reveals a common underlying theme: the quest for self-fulfillment. Human beings have an innate desire to feel validated, accepted, and fulfilled. When this need is not met through healthy means, people may resort to actions they shouldn't do in an attempt to find fleeting satisfaction.

Through handwriting analysis, Anderson helps individuals gain a deeper understanding of themselves, their motivations, and the subconscious forces that drive their actions. By identifying the root causes behind their behaviors, individuals can begin to address them and make positive changes in their lives.

## **The Future of Handwriting Analysis**

As technology continues to advance, handwriting analysis may find new ways to provide insights into human behavior. Anderson believes that combining graphology with advancements in artificial intelligence and machine learning could revolutionize our understanding of what makes people do things they shouldn't do.

By analyzing vast amounts of handwriting samples and correlating them with various actions and behaviors, AI-powered systems could potentially predict individuals' tendencies and preemptively intervene to guide them towards healthier choices.

John Anderson's expertise in handwriting analysis offers a unique perspective on what drives people to engage in actions they know they shouldn't do. By uncovering the hidden meanings and patterns within handwriting, Anderson helps individuals gain insights into their subconscious beliefs, emotional states, and life-long conditioning.

Understanding the motives behind our actions is essential for personal growth and positive change. Handwriting analysis provides a valuable tool in this journey of self-discovery, allowing individuals to confront their subconscious drivers and make conscious choices towards a more fulfilling life.

So, the next time you find yourself wondering why someone is doing something they shouldn't, remember that the answers may lie in their own handwriting.



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"Change the way you look at things and the things you look at change." This is the principle on which EQUILIBRIUM answers What Makes People Do Things They Shouldn't Do

The book unveils 20+ personality traits along with their specific reasons that actually cause someone to behave in a particular way. Such traits includes but is not limited to anger, cheating, obstinate, sarcasm etc.

Reading EQUILIBRIUM, you will be able to:

- Understand why someone might be doing something they normally shouldn't do
- Find peace as you realize the other's point of view
- Identify handwriting strokes that denote a particular personality trait
- Manage conflicts in a better way

EXCERPT:

It is so common to misunderstand someone's action or just reacting without understanding why someone might have done something. I too was one among them, when ultimately I decided to change my POV (Point-Of-View). I tried to look through other's eyes to get the answer of why they would have done something which is bothering me. To my surprise, whenever I contemplated about this, I always got the answer, and most of the times, finding this answer brought more peace in my life than it would have if I didn't bother to change my perception.

To explain it in a better way, let me share with you a story. Once, there lived a couple in a house. The wife kept complaining about the neighbor's dirty clothes. She kept complaining, "That lady doesn't know how to wash clothes properly. She doesn't even have proper eye sight to see that the clothes are still dirty." This incident repeated for a couple of days when finally one day she said with a smile, "Well, seems like someone finally taught her how to wash clothes." Her husband looked towards her and said, "Honey, nobody taught her how to wash clothes. I just cleaned our house's window."

Many a times, we are looking through the dirty window and feel that other person is wrong.

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## THE GOAL OF A MOVE

Before we start learning about what makes people do things they shouldn't do, it is important to understand why someone would do something at the first place. Take an example of touching a hot pan. As soon as you feel the hotness, your body's reflex action kicks in and the hand is automatically pulled away. You didn't even do anything, then why such a move? It is a defense mechanism of the body to protect you from harm.

What happens when you are afraid or when you are doing an adventure sport, say bungee jumping, for instance? Your heart starts pounding against your ribs. Your senses get better. This is a "fight of flight" mode (no no not airplane mode) of your body. The body releases adrenaline hormone that prepares the body for action. This too is not under your control. It too is a defense mechanism of the body for survival. There might be so many other defense mechanisms of the body like these that help with our survival, whether it is white blood cells who work to fight bacteria or the platelets that clog off a cut, one thing is clear - they all are meant to keep us alive.

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## CHAPTER – 4: THE SUPER-SENSITIVE

Another personality which you might have met in life is the super-sensitive. They are the people who take everything to heart. They are passionate, no doubt, but at times become passionate about unnecessary stuff, such as being upset that they missed the first show of their favorite actor's new movie. Not only just that, they will be upset for it for months, and sometimes even years! No kidding!

### THE TRAIT:

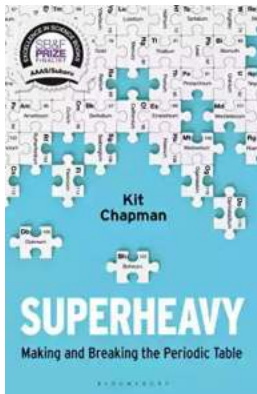
In handwriting analysis, this trait is called the same – high sensitivity. It is common to see this trait in passionate people or people who get aggressive very

easily. They make use of force and energy to get things done. They put in their strength in everything they do, including writing something.



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