A stylized illustration of a classical column with a capital, rendered in black and white with a blue outline. The column is positioned on the left side of the slide.

Fears and Defenses

Hosted by Bart Baggett

Note: This section has bonus slides which explain the advanced concept of trait stacking. This is fully taught in the level 501 Advanced Course. Available at www.HandwritingUniversity.com/products/advanced/

Stubborn



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

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



pride and dignity

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

**Taller stems than shown above.
3 times the middle zone**

Sensitive to Criticism



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

Sensitive to
Criticism

Sensitive to Criticism

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

**Vanity +
Withdrawal**

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

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

Advanced Trait Stacking is taught extensively in the “Advanced Course”
Available Worldwide in DVD home study or online version. Visit:
HandwritingUniversity.com/products/advanced/

Sensitive to Criticism

Argumentative



The image shows five cursive letters: 'p', 'p', 'put', 'push', and 'p'. The first 'p' is a simple cursive letter. The second 'p' has a green arrow pointing to its high starting stroke. The word 'put' is written in cursive. The word 'push' has a green arrow pointing to its high starting stroke. The final 'p' is a simple cursive letter.

Shown by the break-away p with a high beginning stroke. This person likes to argue. The trait will be increased if the writer is also analytical, irritated, sarcastic, stubborn, and/or impulsive.

argumentative

Defiance



coke monkey
quick craft

A large lower case letter, especially k, anywhere in the writing. This high buckle is often referred to as the "go to hell K". The defiant person resists authority and resents the people in charge. It is seen as a rebellious nature in young people. Rule breaker.

defiance

Jealousy



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

Jealousy - Stacking Traits Together

**Analytical +
Impulsiveness +
Resentment**

**Resentment +
Low Esteem +
Vanity**

**Acquisitiveness +
Resentment**

**Acquisitiveness +
Resentment +
Low Esteem**

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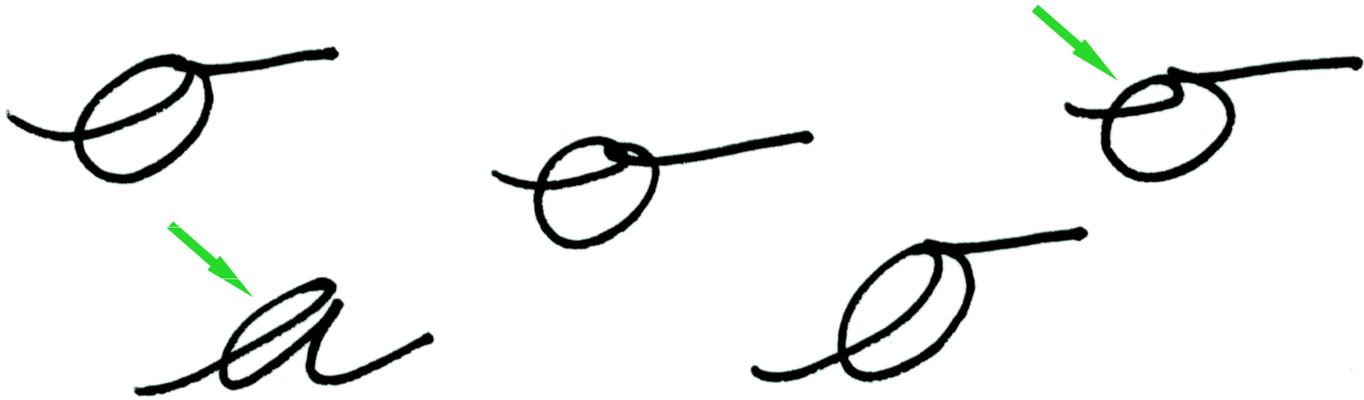
Self-conscious



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

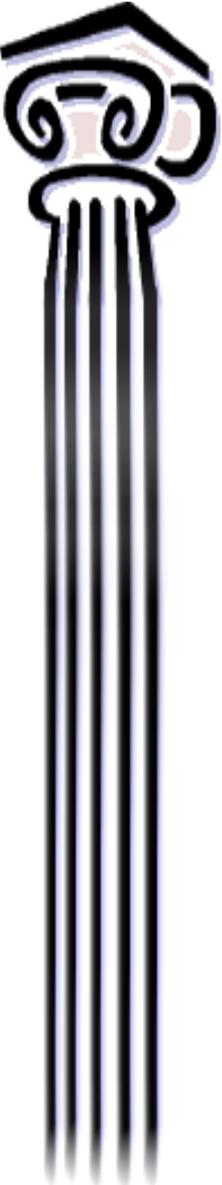
Self - Deceit



Inner loops on the left side of the circle letters. This person is deceiving himself about something that is happening to him at the moment. This person may not be consciously aware of the things in his life that he is refusing to face.

self-deceit

Temper



hot temper t-bar

Shown by a t-bar that is crossed predominantly on the right side of the stem. The more it occurs, the easier irritation will cause them to lose control of their emotions. If combined with a heavy right slant, they will blow up quickly when under stress.

temper

Temper

**Aggressiveness +
Resistance**

**Aggressiveness +
Defiance**

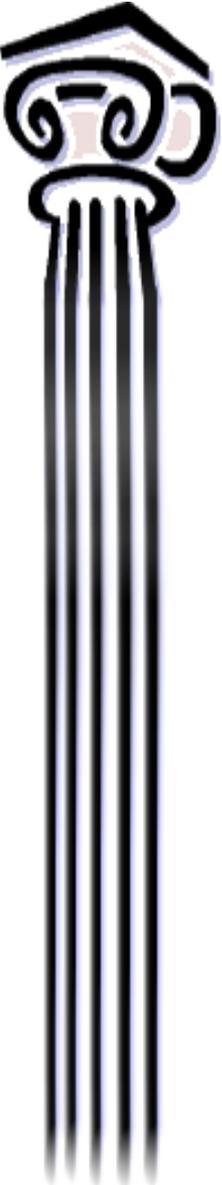
**Impulsiveness +
Domineering +
Sexual frustration or
Sexual confusion
or Vindictive Strokes
(sickle-like formations in lower zone)**

**Aggressiveness +
Argumentativeness +
Big physical drives**

**Heavy Pressure +
Impulsiveness +
Muddy Writing +
Low self-esteem +
Talkativeness +
Aggressiveness**

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HandwritingUniversity.com/products/advanced/

Shiela



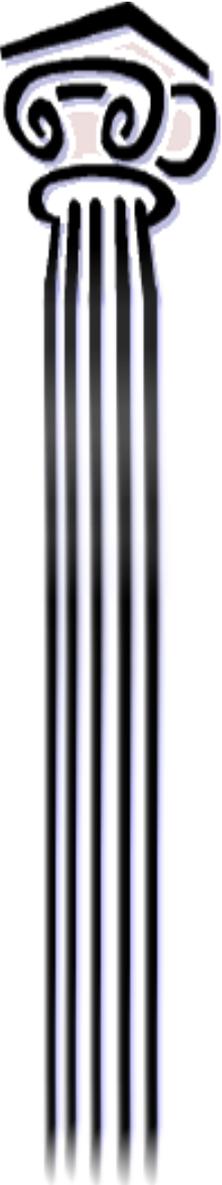
Italian, Oh I can't
 am glad that we
 still Friends love.
 said that he had
 ed to Ken and
 to Ken was going
 the damn I was
 oh Oh well

Domineering



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.

Perfectionism



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

Inhibited (fear of action)

**Reticent +
Self-consciousness +
Sensitive to Criticism**

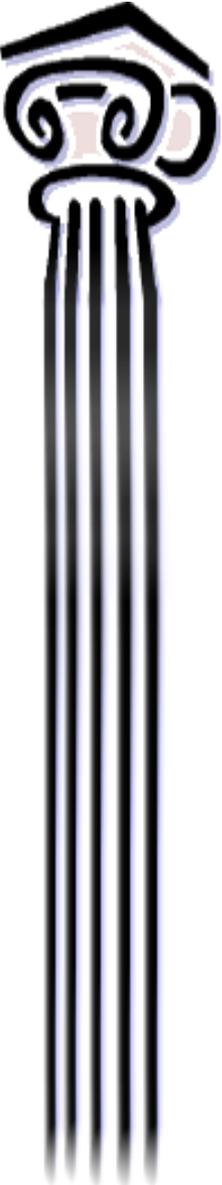
**Concentration +
Self-consciousness +
Low Esteem**

**Self-consciousness +
Low Esteem +
Repression or Suppression**

**Clannishness +
Self-Consciousness +
Sensitive to Criticism**

**+ copybook writing
+ perfectionism
+ FA or AB writing**

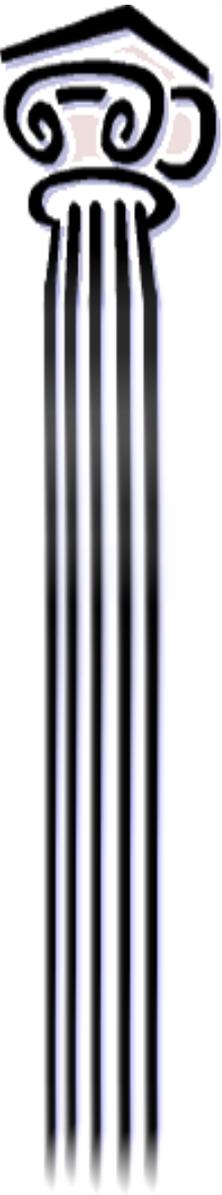
Anal retentive - need for control

A decorative vertical column on the left side of the page, featuring a classical capital at the top and four parallel vertical lines below it.

You and your silly
monkey listen to
Otto & wild in
the morning

You and your silly monkey listen
to Otto and wild in the
morning.

Copybook writing



Manual Dexterity → Cumulative Thinker → Desire for Attention → Good Eye for Detail → Organizational Ability

How ^{CD} are things ^{CD} back in California? already ^{CD} Colorado is ^{DE} freezing! We are to have snow by tomorrow morning.

So, have you gotten your dog yet? I built her little ^{CD} "idea" in the back of lot? I'm assuming you'll have her w back in August. I'm anxious to see I suppose you are waiting for me

Medium Strength Ego → Socially Selective Healthy Drives → Small Stingers → Practical Self-Image

Wendy College Student

Figure 11.5: Friday's Date

Source: From Secrets to Making Love Happen Book by Bart Baggett

Fear of Success



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