

# HANDWRITING ANALYSIS

by Mark A. Hopper, M.C.

## BUT I DON'T USE DRUGS!



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This month's article is written by Adriene Delhomme, our client service consultant.

This handwritten note is by a person who abuses alcohol so religiously that he equates passing-out with going to sleep! Now look at the handwriting. Do you see anything unusual about it? Had the content been different, could you have guessed at the extent of this person's alcoholism? Could you have detected substance abuse in this person's handwriting on a love letter? Perhaps not. However, rating substance abuse risk based on handwriting is something that Handwriting Research Corporation (HRC) does daily.

What if this was the handwriting of a family member, friend, or blind date? Maybe this date did not appear abnormal when you picked them up at the bar. But try to imagine long-range dating with a person who believes heavy drinking isn't substance abuse? While you're having breakfast, they are busy throwing-up in the morning before they drink some more. Then at work more alcohol is imbibed - "to stay awake." And, at bedtime, they would still be drinking in order to "go to sleep (pass-out)." Sounds pretty grim doesn't it?

The difficulties of interacting with an alcohol or drug-dependent person are very straining in a relationship. It probably wouldn't take long to recognize that this person has a serious problem. However, there are others

with less severe problems, or with more carefully concealed addictions. So, how can you learn whether someone has a propensity for abusing drugs or alcohol? It can be quite a shock to learn this the hard way. Well, take heart. If you can get a handwriting sample, then HRC can inform you of the risk factor.

How does handwriting betray the signs of substance abuse? The "H" (pictured left) is an enlarged version of the one in the word "SHAKES" on line four. The handwriting of the individual featured here happens to be male. As you can see, he does have the shakes even though he has been alcohol-free for 31 days. This disorder (shaking) is one of many evidenced in his handwriting. Further, there are a number of personality factors that accompany a substance abuser. For instance, the drug and alcohol dependent are usually using substances to escape and replace an unpleasant reality. So, how much of a chance do you think they have to learn from their experiences? Their addiction confines them to remaining stagnant in an undeveloped and immature stage. They never let themselves feel the need to progress beyond their predicament.

There are numerous personality components related to substance abuse. Depression causes a wish to escape which in turn increases the temptation to use drugs and alcohol. People risk their lives, their health, and sometimes the lives of others when they give in to the temptation of substance abuse. This is an obvious sign of an impaired sense of judgment. With this sense impaired, the ability to deal with stress is also damaged. Then the ability to adjust to new situations

effectively decreases. Moodiness is often a side-effect of substance abuse. For instance, some view

smoking marijuana as a way to relax. However, this "relaxing" habit has been proven to create unexpected fits of rage with steady use. All of these characteristics and weaknesses are personality traits that handwriting reveals.

Let's take a quick look at how

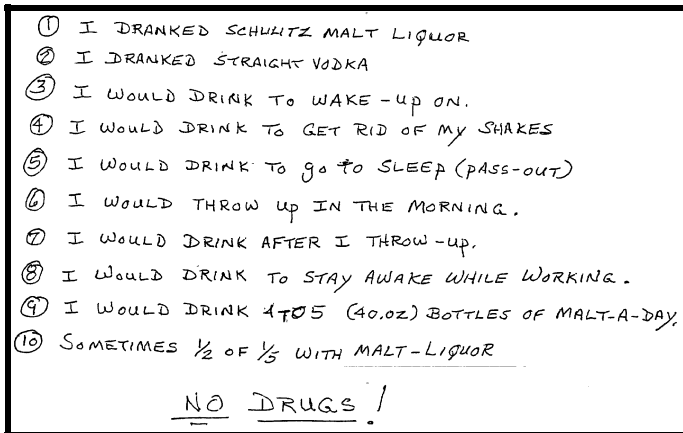
substance abuse deteriorates the brain and handwriting. In a very basic sense, it causes plaque that gums-up the pathways the brain uses to process and remember. Handwriting is a product of one's brain because it is the brain that directs the hand's movements. So, when there are changes in the brain, these changes affect the instructions the hand receives from the brain, thereby creating a ripple effect that influences the handwriting.

But haven't we been taught that penmanship is a skill, an ability? It was in second grade when our teachers instructed us to copy exactly the cursive letters on the board. When we first learned cursive it was a challenge to our newly developing fine motor skills. However, as we matured and developed our handwriting changed to reflect the

options in the dating world. Your date will think you mad if you request that they submit to such testing! Besides, you will learn more from a handwriting analysis report.

This is how you do it. . . First you get them to write something for you. This shouldn't be too hard. Generally, if you write to someone, they will write back. You could send them notes in the hopes that they will send you reply notes. (This works pretty well in a quiet place like a meeting or a library.) You could get them to write directions to their home. Busy schedules create a conducive environment for using notes to correspond. And if you write them a love letter, you are sure to get a response!

Next is the risk assessment. A handwriting analysis will reveal much more than a urinalysis could tell you.



I drink, and I drink, and then I drink some more. But I don't use drugs!

changes in our personality. Many years of studying these variations have yielded the ability to interpret one's personality from a simple page of handwriting. Then the traits detected are analyzed for the possibility of substance abuse.

You will notice that he ends his report with the emphatic statement, "NO DRUGS!" Yet, he admits to consuming volumes of alcohol. Unfortunately, today's society often underestimates alcohol by viewing it as something other than a drug. If you ask him if he uses drugs he would say, "No," yet his brain functions have been deteriorated from years of excessive drinking. So, how can you screen dates for substance abuse?

The alternatives to using handwriting analysis are not feasible in this situation. In an office setting, urine analysis might be used. However, a prepared person can often get their system flushed out in time to pass the screening. Unannounced testing would breed distrust and animosity. And, let's face it, these just aren't

The results will measure the likelihood of becoming addicted to something. This risk factor tells much more about a person than whether or not they were using drugs near the time of the test. It will measure honesty (very useful to know in a relationship); emotional stability (also helpful); and judgment in addition to the substance abuse risk. Imagine what dating would be like knowing these things upfront. If you only knew what to expect in these areas, then you wouldn't be so surprised

If you would like to submit your handwriting (and maybe someone else's) for the possibility of appearing in an upcoming article, please write with your question to:

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