

AMBIDEXTROUS WRITING

This is an amazing technique used to explore your various sub personalities through two-handed writing.

For this exercise your **main hand** is the hand you normally use for writing and your **other hand** is your non-preferred hand.

Your **main hand** (preferred hand) is used to ask questions and you let your **other hand** (non-preferred hand) respond.

The **other hand's** writing is usually pretty messy and it feels awkward. Don't worry, because the important part of what you are doing is not actually the writing itself, but rather, that you are allowing these hidden parts of yourself an opportunity to express themselves.

Important Points

- Your first response is the correct one to write down. It may or may not be what you expected, it may seem weird or completely irrelevant...doesn't matter, write it down anyway!!
- You can't force answers, it's a case of simply relaxing and allowing response to appear. It is a bit like conducting an interview with someone. You don't really know what their response will be, and on the basis of their replies you come up with more questions. The only difference here is that you are interviewing yourself and gaining insight into often forgotten parts of your personality.
- Your conscious self (main hand) is conducting the interview but it should not be trying to influence the outcome. So even if the response from the subconscious (other hand) seems "off track" you need to go with it, despite the fact that may have nothing to do with what you asked.
- Listen, listen, listen...and allow a conversation to take place, whether it be in single word responses or full sentences from your other hand.

Note: These parts of yourself are really keen to return to the surface and reintegrate with your conscious self.

- At first, progress may seem slow or you don't get any responses at all.

This can be for two reasons:

(i) Trying too hard, that is, "forcing the issue". This creates tension, which as you know moves you away from subconscious brainwave activity.

(ii) Rejecting responses. You may dismiss responses because they either seem “too easy” (familiar) or you may reject a response because it feels “too hard” that is, it carries with it a painful emotion....just write it down!!

Getting Started.

1. Divide your page into two columns.
2. Your right hand always writes in the right column and your left hand always writes in the left column.
3. Remember, your main hand (preferred writing hand) is used to ask questions and your other hand is used to respond.
4. It might feel a bit strange at first but here are some suggestions to help you get going.

I would like to talk to the part of me that knows.....(your call!)

- Why I feel so angry about....
- Why I feel so restless about....
- Why I can't make a decision about....
- Why I feel blocked about.....

Or,

I would like to talk to the part of me that knows how I can

- ...experience greater success in (whatever)
- ...overcome my fear of (whatever)
- ...resolve or untangle (whatever)
- ...improve my relationship with (whoever)

or, if you think you have nothing to deal with

- I would like to talk to the part of me that knows of any issues that need clearing.

A response will arise in your mind and you then write it down and then respond to it with your next question.

Your attention is always on the interviewee not the interviewer and you can help the interviewee out by asking questions like, “Is there anything else you can remember or would like to add?”

When reacting to the interviewee responses, you might ask questions such as;

- “How old are you?”
- “How can I help you?”
- “What do you want?”
- “Is there anything you want me to know/do?”
- “Is there a part of me that I need to talk to that is involved with this...do you know who....are they willing to come out? Why, why not?”

It is important that you don't just list one question after the next but rather that you listen to the responses without judgement) and become engaged in a conversation, not an interrogation. This way you will gently encourage from yourself whatever it is that you need to know (or do), in order to move forward in your life.