

# This is how you can start

Some so-called handwriting problems have little to do with the letters themselves. Your attitude to your handwriting, the way you use your body, and any other problems with your school work will also affect how you write

It is simplest to consider your letters first. If someone explains what might be wrong with the way your letters are formed you may be able to deal with that by yourself. There are pages like this one called 'Spot your own mistakes'. Some of you may find them useful. You yourself must be convinced that change is necessary, and want to make the appropriate alterations. It is up to you in the end.

Handwriting needs to be automatic to leave your mind free to think about other things. You want to concentrate on what you are writing, not what your hand is doing. To get to this level you need proper training. If you've missed out earlier on, this gives you another chance. Half the problem is understanding what is wrong. Putting it right may be easier than you think.

First, ask yourself these questions:

Is my handwriting worse under pressure?

Does it hurt to write?

Is it so slow that I never get enough done?

Is it so fast that it looks sloppy?

Is it just *my* writing that is bad? What about other people's?

Is it worth all the effort to improve things?

Ask yourself these questions again when you have dealt with your problems.

