

AHAF 50TH ANNIVERSARY

Tucson, Arizona
October 5-8, 2017

LEADERSHIP: CLOSING THE GENDER GAP

By
Ruth Holmes, CG, CDE

FEARS & DEFENSES

others: feelings, perhaps (that if
we're in need to worry) it depends on
if possible things should be avoided
K of communication on the whole
portant fact of the relationship at
cation: you merely exist together
hope and in love with one another

rebellious and using
And just so you
that this is not
assume you with

WHAT IS FEAR?

F ALSE
E VIDENCE
A PPEARING, AS
R EAL

IT IS LIKE INK IN MILK.

FEAR – inhibits emotions
damages integrity
blocks energy
limits goals
dwarfs spirituality
erodes peace of mind

FEARS are walls, threats, insecurities, apprehensions, concerns
& phobias.

DEFENSES are blockades, guards, barricades & ways to protect
the ego.

FEAR REQUIRES CONTROL.
LOVE PERMITS FREEDOM.

Every thing that is love cannot be fear.
Everything that is fear cannot be love.

“IT IS DARKEST BENEATH THE FLAME.”

HANDWRITING IS ONE OF THE LIGHTS.

WAYS WE HANDLE FEAR:

DENYING

DISCOUNTING

BECOMING DEFENSIVE

DISTRACTING

WHERE IS THE REAL FEAR?

LOSS IN ONE OF MASLOW'S FIVE LEVELS

LOSS OF POWER

LOSS OF SUCCESS

LOSS OF LOVE, INTIMACY OR CARING

LOSS OF REALITY

LOSS OF SELF

LOSS OF SPIRITUALITY

CHILDREN LEARN WHAT THEY LIVE

- Dorothy Law Nolte

If a child lives with criticism, *t*
He learns to condemn. *t*

If a child lives with hostility, *f*
He learns to fight. *A*

If a child lives with ridicule, *st*
He learns to be shy. *t*

If a child lives with shame, *t*
He learns to feel guilty. *D*

If a child lives with tolerance, *t*
He learns to be patient. *t*

If a child lives with encouragement, *Th*
He learns confidence. *T*

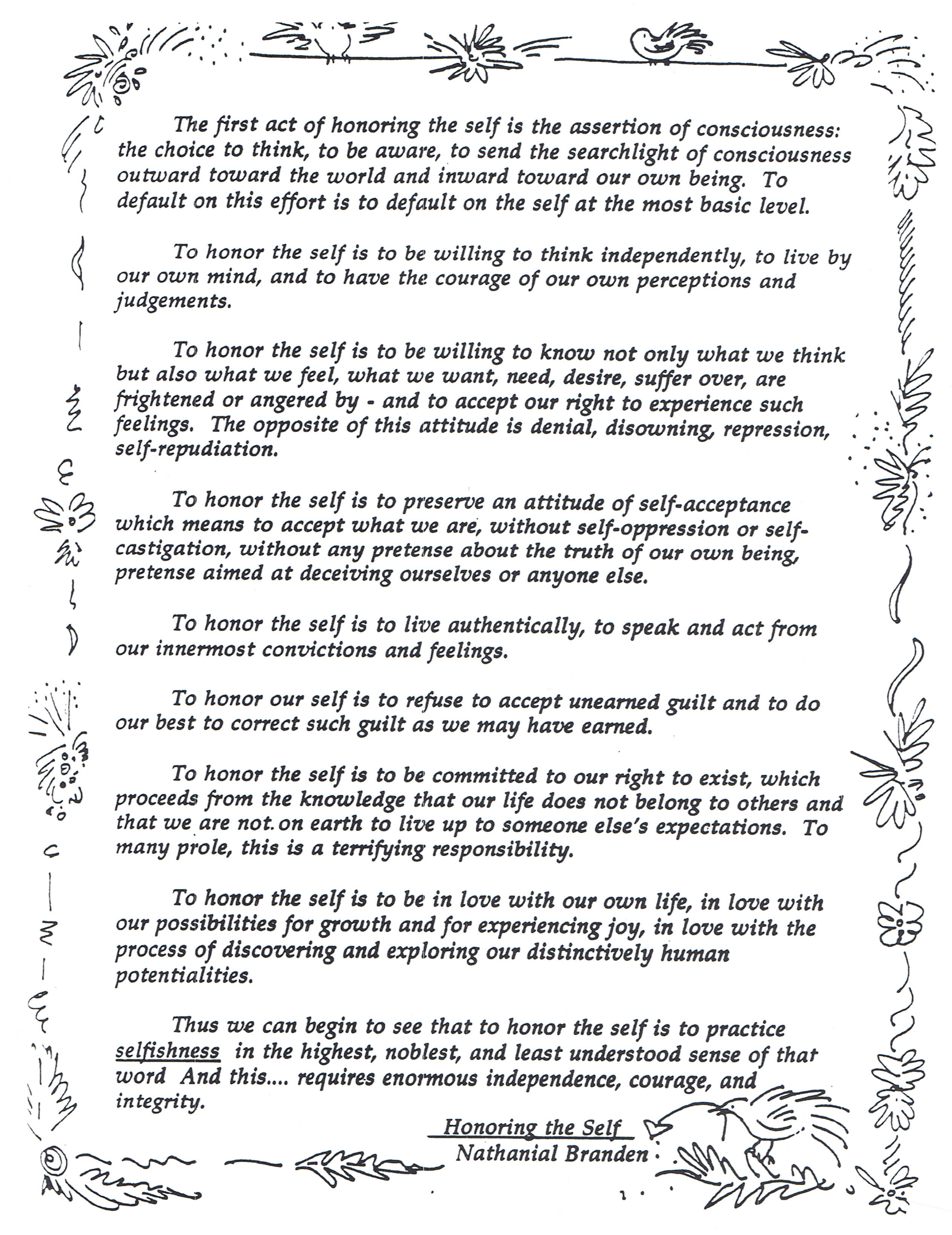
If a child lives with praise, *t*
He learns to appreciate. *th*

If a child lives with fairness, *f*
He learns justice. *ts*

If a child lives with security, *t*
He learns to have faith. *t*

If a child lives with approval, *the*
He learns to like himself. *r*

If a child lives with acceptance and
friendship, *truth*
He learns to find love in the world. *T*



The first act of honoring the self is the assertion of consciousness: the choice to think, to be aware, to send the searchlight of consciousness outward toward the world and inward toward our own being. To default on this effort is to default on the self at the most basic level.

To honor the self is to be willing to think independently, to live by our own mind, and to have the courage of our own perceptions and judgements.

To honor the self is to be willing to know not only what we think but also what we feel, what we want, need, desire, suffer over, are frightened or angered by - and to accept our right to experience such feelings. The opposite of this attitude is denial, disowning, repression, self-repudiation.

To honor the self is to preserve an attitude of self-acceptance which means to accept what we are, without self-oppression or self-castigation, without any pretense about the truth of our own being, pretense aimed at deceiving ourselves or anyone else.

To honor the self is to live authentically, to speak and act from our innermost convictions and feelings.

To honor our self is to refuse to accept unearned guilt and to do our best to correct such guilt as we may have earned.

To honor the self is to be committed to our right to exist, which proceeds from the knowledge that our life does not belong to others and that we are not on earth to live up to someone else's expectations. To many prole, this is a terrifying responsibility.

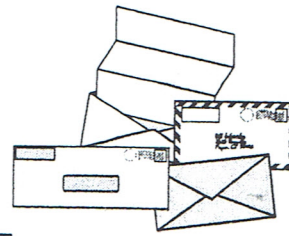
To honor the self is to be in love with our own life, in love with our possibilities for growth and for experiencing joy, in love with the process of discovering and exploring our distinctively human potentialities.

Thus we can begin to see that to honor the self is to practice selfishness in the highest, noblest, and least understood sense of that word And this.... requires enormous independence, courage, and integrity.

*Honoring the Self
Nathaniel Branden*



Conclusion



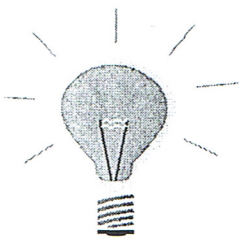
"You can stand what you can understand."

***"You are not being asked to change yourself.
You are being asked to be more of who you already are."***

Alan Cohen

"It is never too late to become what you might have been."

George Eliot



For more information on corporate or personal evaluations of handwriting for you personally or for perspective employees, contact: *Ruth Holmes*, President, Pentec, Inc., P.O. Box 204, Bloomfield Hills, MI 48303 (248) 540-7026, Fax: (248) 540-1225, or E-Mail: PentecInc@aol.com

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Ruth Holmes, CDE, is a professional handwriting & document examiner whose forensic and personnel consulting firm, Pentec, Inc., in Bloomfield Hills, Michigan, advises individual, legal and corporate clients in the U.S., Canada and Mexico. Ruth is a Certified Document Examiner by the National Association of Document Examiners and Board Certified by the American College of Forensic Examiners. She is court qualified as an expert witness in Federal, state and local courts.

Founder of the Great Lakes Association of Handwriting Examiners, *Ruth Holmes* is a national and international speaker, media guest, writer, jury & trial consultant and forensic examiner. French-speaking, she has handled cases in the Caribbean and Canada where *The Globe & Mail* reported on her investigation on an altered document case involving the former Prime Minister. Results were released in the House of Commons in Ottawa.

Pentec, Inc. often works for the Oakland County Sheriff's Department and Office of the Prosecutor. Serving as an expert witness, she has testified in major trials including the murder-for-hire of the Lake Orion Librarian, an Oak Park policeman and the 80 year woman in Royal Oak. She has appeared in *Time*, *US News & World* and been reported in *Newsweek* and *USA Today*. For *Dateline/NBC*, she confirmed the suicide note of Curt Cobain and recently, for the *Detroit News*, she profiled of the Underwear Bomber, the Unabomber and Tim McVeigh.

Ruth and Sarah Holmes have traveled the country as jury & trial consultants and speakers on the subject. From 1996 to 1999, they served as trial consultants for the defense team of Dr. Jack Kevorkian and assisted with two HBO movies. They appear in the documentary, *Kevorkian*, and were advisors for *You Don't Know Jack* in which Al Pacino portrayed Dr. Kevorkian.

Ruth, who lived eleven years in Brussels, Belgium and in Abidjan in the Ivory Coast, West Africa, has appeared on *CBS News*, *Discovery*, *CNBC*, *Canada AM*, *Court TV*, *World News*, *Dateline/NBC*, *MSNBC Live*, *NPR* and *Michigan Public Radio* with handwriting and personnel assessment. In July 2005, she was on the cover and featured in *Signature* magazine published by the *Detroit News*. *Motion* magazine, published by the *Detroit Legal News*, featured Ruth and her daughter in a 2008 issue. *Pen World* featured them in August 2011.

Former President of the International Women's Forum – Michigan, on the Board of Directors of Women Officials Network who named her a 2014 Wonder Woman, and Trustee of N.A.D.E., Ruth was named by the National Association of Women Business Owners 2010 Innovator of the Year and previously one of Michigan's Top 10 Women Business Owners. In March 2002 *Corp!* magazine listed her among "Michigan's 95 Most Powerful Women."

Ruth is married with two children. Her son, Nick, graduated from UM Law School and is now General Counsel at the Whitney Museum in New York City. Her daughter, Sarah, who earned her Master of Arts in psychology from Boston University, joined her company in 1997. She is the third generation of handwriting examiners in this family and lives near Boston.