

To Doodle or not to Doodle



Ever notice that sometimes you're sat at a table, perhaps on the phone, and all of the sudden your fingers come to life.... They take up the pen and your brain sends them those funky little images and there they are... on paper. How did that happen? Well face it - you are a doodler!

Unfortunately this doesn't necessarily mean that you're an artistic genius making your first masterpiece come to life. Sorry! Scribbling or drawing aimlessly is something the majority of people do at some time or another. However, this isn't to say that it's a pointless exercise. Your sketches can be quite meaningful. You didn't know? As your attention is otherwise occupied when you doodle, your sub-consciousness does all the work, giving meaning to your doodles in a way that even you didn't even know about.

Doodles can be anything from shapes and irregular forms to quite elaborated drawings. Daydreaming is often considered to be the main factor influencing

doodling which is why it's most often associated with students. However, even business people doodle. Some of the most famous doodlers in history were Erasmus (comical faces), John Keats (who drew flowers) and Ralph Waldo Emerson, who decorated his books with classical ornaments. Other famous doodlers include hairdresser Vidal Sassoon (triangles, planets), Winston Churchill (3D boxes, spirals, showing that he was impatient) and Microsoft founder Bill Gates (linked boxes showing he has a high IQ, is confident and practical).

Most common doodler types:

Ambitious doodler
(triangles, planets, sun, shadings)

Free spirited doodler
(repetitious doodles, filled circles, abstract shapes)

Impatient doodler
(3D boxes, hearts, flowers, stars and question marks)

Romantic doodler
(flowers, lips, stars and hearts)

Insecure doodler
(spiders, webs, brick walls)

To find out what your doodles really mean even colours and the pressure of your pen have to be considered. If you are an extensive space filler you might have a persistent nature and a love to design while expressing your own ideas. Waves are said to indicate an idle dreamer or someone who loves water sports. They also indicate rhythm and musicality. Page placement plays a further important role with your doodles. A central placement might suggest a self-centred, attention-seeking extrovert. However, placing doodles on the top of the page is usually considered to express energy, free-thinking or a spiritual person. If drawings are placed on the left side of the paper it expresses nostalgia and certain apprehensiveness for the future. But as most pages have punch holes or borders on this side, it is the most common place to find doodles. The right side of the page is rarely

used for doodles, but suggests a strong need to communicate one's feelings. Doodles at the bottom of the page show a practical nature, but also self-doubt or even depression.

Other common explanations:

Eyes: you wish for something, staring eyes: you feel your privacy is invaded

People or stick figures: you are outgoing and like to be around people

Flowers: represent enlightenment, a gentle personality, love of nature, childlike innocence, the feminine, roses with thorns the betrayal of love

Houses: represent home life, a happy place, if drawn untidy they represent an unhappy life

Geometric shapes: you have an organized, efficient mind

Circle: represents the eternal whole

Square: you have an earthbound nature

Abstract or random shapes: might indicate aimlessness and distraction, but also unease

3-D boxes: indicate an ordered mind and the love of routine. A stack of boxes might indicate stress

Ladders: represents the different steps of hierarchy, shows spiritual awareness, ambition and a desire to succeed

Arrows: show the doodler has ambition and direction, might indicate the desire for action

Brick walls: there are obstacles ahead; the doodler might feel restricted or limited.

Celestial Bodies (Sun, star): you have a sunny, childish disposition, they also suggest the desire for self promotion and optimism and energy

Game Boards, Mazes: you are competitive and have a desire to win, you love the game, you might feel lost when drawing mazes

Hearts: you are a romantic and you might be in love

Bars: you feel trapped and powerless

Dots: you are at great unease and might have a disordered personality

Cross: You feel in need of protection

Faces: Can express positive, negative or ambiguous emotion

Animals: If happy, may indicate a desire for companionship if unhappy, could be a desire to control

In the end every person is different and the above list will not tell you how and who you are, but it certainly gives you an idea what your thoughtless doodles may mean. Doodling is a great way to occupy your mind in situations when it would normally turn off and you would 'shut down'. But in average only 1 out of 5 persons doodles, so no worries if you don't.

And as a last piece of advice: Watch out for those drawing aeroplanes as they have a high sex drive!

