

*Colour Comfort  
Companion Book  
Overdosing - lacking*

*Module 2*



Thelma van der Werff



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## *Content*

Introduction	4
Colour red	5
Colour orange	6
Colour yellow	7
Colour olive/limegreen	8
Colour green	9
Colour turquoise	10
Colour blue	11
Colour indigo/navyblue	12
Colour violet	13
Colour purple	14
Colour magenta/fuchsia	15
Colour pink	16
Colour white	17
Colour grey	18
Colour burgundy	19
Colour brown	20
Colour black	21



## *Introduction*

This Colour Comfort companion book is a workbook to use with your e-course Module 2

Please have a close look at your present colour choices in clothing. Are you overdosing on a few colours and not using the opposite colours?

This is a personal workbook for you to use, allowing the language of colour to show you where there are imbalances in your life.

"You are the colours you choose!"

Thelma van der Werff



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*The colour red*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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## *The colour orange*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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### *The colour yellow*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour olive/limegreen*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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## *The colour green*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour turquoise*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour blue*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour indigo/navy blue*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour violet*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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## *The colour purple*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour magenta/fuchsia*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour pink*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour white*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour grey*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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### *The colour burgundy*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour brown*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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*The colour black*

I am overdosing on this colour, in other words, wearing it often. It makes me feel:

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I never use this colour because:

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