Colour Comfort Companion Book past colour choices

Module 2



Thelma van der Werff



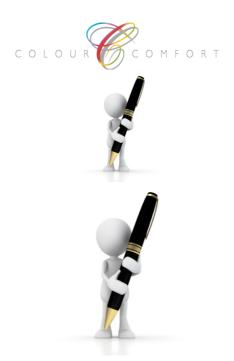


Copyright © 2011 by Colour Comfort Ltd. All rights reserved.
Distribution and reproduction are strictly prohibited by law.
Published by Colour Comfort Ltd. Auckland, New Zealand
No part of this publication may be reproduced, stored in a retrieval system,
or transmitted in any form, or by any means, electronic, mechanical, photocopying,
recorded, scanning, or otherwise, without the prior written permission of the
publisher or author.



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 write down your personal colour choices from the past. Have you stopped or started wearing a colour? When was it? Can you relate to the event that has taken place during that time?

This is a personal workbook for you to use, allowing the language of colour to show you which events have shaped you to becoming the person you are today.

"Change the colours in your world and your world will change!"

Thelma van der Werff



The colour red

I have never or stopped wearing the colour red. This relates to the following events, emotions, experiences:
I have started wearing the colour red and this relates to the following events, emotions, experiences:



The colour orange

I have never or stopped wearing the colour orange. This relates to the following events, emotions, experiences:
I have started wearing the colour orange and this relates to the following events, emotions, experiences:



The colour yellow

I have never or stopped wearing the colour yellow. This relates to the following events, emotions, experiences:
I have started wearing the colour yellow and this relates to the following events, emotions, experiences:



The colour olive/limegreen

I have never or stopped wearing the colour olive/limegreen. This relates to the following events, emotions, experiences:
I have started wearing the colour olive/lime green and this relates to the following events, emotions, experiences:



The colour green

I have never or stopped wearing the colour green. This relates to the following events, emotions, experiences:
I have started wearing the colour green and this relates to the following events, emotions, experiences:



The colour turquoise

I have never or stopped wearing the colour turquoise. This relates to the following events, emotions, experiences:
I have started wearing the colour turquoise and this relates to the following events, emotions, experiences:



The colour blue

I have never or stopped wearing the colour blue. This relates to the following events, emotions, experiences:
I have started wearing the colour blue and this relates to the following events, emotions, experiences:



The colour indigo/navy blue



The colour violet

I have never or stopped wearing the colour violet. This relates to the following events, emotions, experiences:
I have started wearing the colour violet and this relates to the following events, emotions, experiences:



The colour purple

I have never or stopped wearing the colour purple. This relates to the following events, emotions, experiences:
I have started wearing the colour purple and this relates to the following events, emotions, experiences:



The colour magenta/fuchsía

I have never or stopped wearing the colour magenta/fuchsia. This relates to the following events, emotions, experiences:
I have started wearing the colour magenta/fuchsia and this relates to the following events, emotions, experiences:



The colour pink

I have never or stopped wearing the colour pink. This relates to the following events, emotions, experiences:
I have started wearing the colour pink and this relates to the following events, emotions, experiences:



The colour white

I have never or stopped wearing the colour white. This relates to the following events, emotions, experiences:
I have started wearing the colour white and this relates to the following events, emotions, experiences:



The colour grey

I have started wearing the colour grey and this relates to the following events, emotions, experiences:



The colour burgundy

I have never or stopped wearing the colour burgundy. This relates to the following events, emotions, experiences:
I have started wearing the colour burgundy and this relates to the following events, emotions, experiences:



The colour brown

I have started wearing the colour brown and this relates to the following events, emotions, experiences:



The colour black

I have never or stopped wearing the colour black. This relates to the following events, emotions, experiences:
I have started wearing the colour black and this relates to the following events, emotions, experiences: