

*Colour Comfort
Companion Book
past colour choices*

Module 2



Thelma van der Werff



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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

I have never or stopped wearing the colour indigo/navy blue. This relates to the following events, emotions, experiences:

I have started wearing the colour indigo/navy blue and this relates to the following events, emotions, experiences:



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/fuchsia

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 never or stopped wearing the colour grey. This relates to the following events, emotions, experiences:

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 never or stopped wearing the colour brown. This relates to the following events, emotions, experiences:

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:
