BLACK

Colour Assessment

Never worn the colour black (0)

Your conditioning and upbringing has made you believe that you can celebrate your uniqueness and show your true colours.

Stopped wearing the colour black (0)

You felt comfortable to show your potential and inner beauty. You are showing your true colours with confidence and acknowledging your uniqueness.

Started wearing the colour black

You wanted to portray an attitude of being in control, powerful and a bit mysterious. You did not want to stand out too much but be accepted by others. The colour black gives the wearer a sense of protection, a safe place in which to hide away from the hard outer world, especially when feeling vulnerable, confused and unhappy with your body. If you have the feeling you cannot control the outside world, dressing in black will give you a feeling of at least being in control. The colour black will enable you to go unnoticed, deflecting attention from yourself and at the same time you are communicating to others to stay at a distance.

Wearing the colour black regularly (4 – 6)

You have a strong-willed personality and like to be in charge and in control of self and others. You are creative and idealistic. You will always finish what you have started, work hard, and enjoy problem solving.

With this colour you can blend in, be accepted with a sense of dignity and mysticism and portray dignity, authority, wisdom, power and sometimes hidden wealth.

Wearing the colour black often (7 – 10)

You have a powerful and strong-willed personality and like to be in charge and in control of self and others. You are creative and idealistic and have more potential than you are currently sharing. You will always finish what you have started, work hard, and enjoy problem solving. **However, in order to stay in control and keep others at a safe distance, you often withhold your inner thoughts and ideas.**

Wearing mostly black is an 'easy colour to hide away in'. This colour can be used as a defence mechanism enabling you to go unnoticed and to divert the attention to someone or something else. With this colour you can blend in, be accepted with a sense of dignity and mysticism and portray dignity, authority, wisdom, power and sometimes hidden wealth. **However, this is not an open and inviting colour, so be careful that these characteristics do not turn into inflexibility and isolation. Black can cause you to reject interference and help from others and give the impression that you know what you want and how you are going to get it. Consequently, you are not always open to advice, suggestions or help from others to guard your own personal space and you do not tolerate intrusion.**

Colour Goals

Start wearing black

The colour black gives the wearer a sense of protection, a safe place in which to hide away from the harsh outer world, especially when feeling vulnerable. The colour black will enable you to go unnoticed, deflecting attention from yourself and at the same time communicating to others to stay at a distance. However, this is the only colour I will not frequently recommend to heal on an emotional level.

Decrease wearing black

I would suggest that you reduce the use of the colour black whenever you want to show your true potential and become noticed. Less black will support a more flexible and open-minded attitude.