

PINK

Colour Assessment

Never worn the colour pink (0)

Your conditioning or upbringing has made you believe that it is not cool to be vulnerable or sensitive. Life is not a safe and caring place.

Stopped wearing the colour pink (0)

Was it time for you to look at your own needs instead of taking on too much emotional responsibility for others? Did you find that you needed less support and approval from others and that it was time that you made your own decisions? Have you experienced difficulties with parents, parent-in-laws or parenting?

Started wearing the colour pink

You began to open up to the softer part of yourself allowing you to express your tender, caring and feminine side. You gave yourself permission to ask for support when needed. When you have started wearing this colour it can also identify new beginnings in your life or the birth of new ideas or direction in life.

Wearing the colour pink regularly (4 – 6)

You are a romantic who often looks at the world through rose-coloured glasses. You want to express your feminine, creative side. You are a tender, compassionate and creative person who loves to nurture and care for others. You have the sensitivity and ability to sense the needs of others.

You can love unconditionally; in other words, you can love someone accepting their imperfections. These characteristics make you a sympathetic person with a loving nature. Your emotions and your heart's feelings are your strengths, making you a soft and gentle personality.

You have the gift of caring, nurturing and loving.

Wearing the colour pink often (7 – 10)

You are a romantic who often looks at the world through rose-coloured glasses and **can have difficulty facing the real world. You need a great deal of support from others and can sometimes display childlike** and fun loving behaviour. You want to express your feminine, creative side.

You are a tender, compassionate and creative person who

loves to nurture and care for others. You have the sensitivity and ability to sense the needs of others.

You can love unconditionally; in other words, you can love someone accepting their imperfections. These characteristics make you a sympathetic person with a loving nature. Your emotions and your heart's feelings are your strengths, making you a soft and gentle personality. **However, you can sometimes display childlike behaviour because you need a great amount of support and affection from others.**

You want to be liked by others and you are sensitive about what others may think and say about you. You have the gift of caring, nurturing and loving. You want to be seen as tender, compassionate and feminine but there can be an undertone of **critical judgmental behaviour especially towards yourself.**

Often you have difficulties loving yourself so there is a need to receive this appreciation, love and care from others. You have very high expectations of yourself and can be quite critical, especially towards yourself.

Colour Goals

Start wearing pink

Start wearing the colour pink to support you to show your feminine, emotional and vulnerable side or to help you to overcome unhappy memories of your childhood. This colour will help you to be less critical of yourself and to love yourself unconditionally. Use the colour pink whenever you are in need of more support.

You can wear or carry a pink crystal in your pocket.
Apophyllite, Kunzite, Pink coral, Pink topaz, Rhodocrosite, Rose quartz, Pink tourmaline.

Decrease wearing pink

Reduce wearing the colour pink when you take on too much responsibility for the suffering of others, leaving you emotionally overwhelmed and vulnerable. Decrease the use of the colour pink to be less critical of yourself and instead of only nurturing and caring for others, also to look after your own needs.