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News & Views - Lifestyle



What your favourite colour says about you

Blue is for boys and pink is for girls, right? There is a lot more to it than that, as we discovered.

Feeling blue? Ticked pink? Green with jealousy? These idioms are rooted in the knowledge that our relationship with colour is much more than simply a matter of that which is pleasing to the eye.

'Colour plays an integral part in achieving balance in your life,' says colour therapist Traci Dragt, and colour therapy promotes wellness and rejuvenation through the use of various colours and their attributes.

Dragt says her company, Colour Me Happy, works with a variety of people seeking a range of different solutions through colour – from corporates looking to take care of their employees' wellbeing, to colour play therapy for little ones.

Playing favourites

So why do you prefer one colour over the other? Dragt says we each have an identity colour – a hue we keep coming back to – but if you find yourself particularly drawn to a certain colour, it's likely that you're trying to access its attributes to restore balance to a certain area of your life. For example, adding a lot of red to your home and wardrobe could mean you're seeking passion or you're struggling with aggression. Going for green could indicate a need for boundaries.

Dragt explains that every colour is associated with certain gifts and challenges. If you are struggling with an issue, you are accessing the challenges associated with a particular colour. Once the challenges have been overcome, you resonate with the gifts of that colour.

Here's a quick guide to the gifts and challenges associated with different colours, and what your favourite hue says about you:

Red

Gifts: energy, grounding, motivation
 Challenges: financial stress, feeling stuck
 Personality: passionate and exciting

Orange

Gifts: creativity, inner wisdom
 Challenges: dependency, unhealthy relationship patterns

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Personality: Courageous and outgoing

Yellow

Gifts: confidence, joy

Challenges: self-esteem, weight issues

Personality: intellectual, self-controlled

Green

Gifts: balance, self-validation

Challenges: boundaries, change of direction

Personality: balanced and nature-loving

Blue

Gifts: communication, truth

Challenges: issues with authority

Personality: honest, trustworthy

Indigo and Violet

Gifts: introspection, intuition

Challenges: depression, substance abuse

Personality: creative, lateral thinker

Making colour work for you

Assessing your needs along with knowing the qualities of colours enables you to surround yourself with the colours that help create balanced environments in your life. Blues and purples are good for rooms where you unwind and relax, while yellow works wonders in a study or home office as it stimulates mental alertness. Neutrals will help maintain balance in your wardrobe and your living spaces, and work well with splashes of your favourite colour. But always keep in mind that an overload of colour, particularly shades that don't complement each other, can create a feeling of chaos and overwhelm you – not to mention give you a headache! Like everything in life, moderation is key.

Read more:

[Experiment with colour!](#)

[Transform your home in 3 easy steps](#)

[A hue that's you](#)

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