

## RE-FRAMING

### BLUE

**Others** may perceive **BLUE** as:

- Very Emotional
- Overly Sensitive
- Mushy
- Too Tender-hearted
- Easily Persuaded
- Too Nice
- Too Trusting
- Smothering
- Too Soft, Too Giving
- Weak
- Talking too much
- Illogical

**BLUE** may perceive **self** as:

- Having Feelings
- Compassionate
- Romantic
- Idealistic
- Empathetic
- Caring
- Seeing Best in Others
- Nurturing
- Liking to Please People
- Wanting Harmony
- Great communicator
- Valuing Feelings

### ORANGE

**Others** may perceive **ORANGE** as:

- Irresponsible
- Goofing off too much
- Manipulative
- Untrustworthy
- Unable to Stay on Task
- Scattered
- Taking Unnecessary Risks
- Resisting Closure or Decisions
- Obnoxious
- Immature
- Self-Centered

**ORANGE** may perceive **self** as:

- Flexible, Easy-going
- Having a playful attitude
- Exploring new possibilities
- Clever, Good Negotiator
- Open to change
- Having many interests
- Able to do many things
- Adventurous, Courageous
- Valuing Freedom
- Fun-loving, Enjoying life
- Independent