
Color Your Life Variations

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Gingerbread Person/ 3 to 5

Color Crown/ 5 - 7

Feelings Fan/ 8 and above

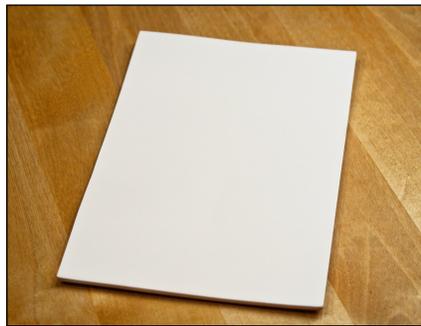
Rainbow Wand/ 11 and above

Loom Weave/ Supervision



Introduction

In O'Connor's Color Your Life Technique, he asked the participant to secure a blank 8 by 10 inch piece of white paper. He followed with the suggestion that the individual make a list of emotions they felt in their life and identify a color that matched the emotion selected. An emotional key was made with the list of emotions and the accompanying color that matched the emotion. Once the key was completed, the direction was to look at the paper and color it any way you'd like to best reflect how your emotional life. It was made clear that there was no right or wrong way to color the paper but to embrace it as a reflection of your emotional life through color.



Variations-General Information

In the instruction you will be introduced to four variations of the Color Your Life Technique. Each new technique will reflect the original premise of an emotional color key and the direction that there is no right or wrong way to do or produce each piece. Each technique will have a suggested developmental age for best use. The recommendation is that the techniques be used to support growth and insight in the way that makes the most sense for the individual. The usefulness is often in the context of a tolerable metaphor where the participant places on an object (gingerbread person, fan, crown, wand) a representation of his or her emotions, with or without an explanation. The professional use of the technique is varied as it could be used in the context of an assessment; the client's emotional mastery; insight development; bio-nuerological regulation; life practice, etc. The possibilities are endless and determined predominately by the individual's explanation to you, verbally or non-verbally, as to the value of the technique. It is very important to recognize that while there are some universal meanings for color, each individual *in their own cultural experience*, determines their color meaning for the emotion listed. The universal meaning is only one representation of color and not necessarily the reference for the individual in the use of these techniques.