



MODULE

03

Core Issues

Personality

Dominant Blues

- ▶ Because they feel everything, they have the 'most' hurts.
 - They recycle their hurt

Effect of Hurt Blue

- ▶ Because they feel everything, they have the 'most' hurts.
 - They recycle their hurt
- ▶ Hurts in the other personalities come from here
 - Distorts the other personalities
 - Fear, hurt/sadness, anger

Effect of Hurt Blue

- ▶ Because they feel everything, they have the 'most' hurts.
 - They recycle their hurt
- ▶ Hurts in the other personalities come from here
 - Distorts the other personalities
 - Fear, hurt/sadness, anger
- ▶ Emotions mask the benefits of the emotions – foundation of intuition, knowingness and wisdom/unconditional love.

Effect on the Dominant Green

- ▶ Dominant Green
 - Hide behind their intellects
 - Sneering at people
 - Distant
 - Judging, criticizing
- ▶ They need to be better than others in order to 'feel good' about themselves.
- ▶ Their intellect, capabilities, competence, performance – is the source of their self-esteem.

Effect on Dominant Gold

- ▶ Overly focused on tasks, accomplishing things, being busy
- ▶ Need to control their world and the people in it.
 - Overly focused on rules, guidelines, should and shouldn'ts.
- ▶ Feelings are untidy – compartmentalize them.

Effect on Dominant Orange

- ▶ Their playfulness and self-centredness may retard their development more as a child or teenager
 - immature
- ▶ Risk-taking to the detriment of themselves and others
 - Feeling like they don't matter – they can be careless
- ▶ Anger, violent, drug dependency, alcohol abuse

Healing the Hurt Blue

- ▶ They need to find a reason to love themselves
 - To see themselves as worthy and deserving
 - To reinstate self-confidence
- ▶ Removes drama from their life, draws to them people who see and respect them.
- ▶ Able to create & maintain healthy boundaries.
 - Speaking up for themselves better.
- ▶ Activates intuition/knowingness

Healing the Hurt Green

- ▶ They can acknowledge their capabilities
 - Not the need to use it for self-esteem
- ▶ Tones down their critical/judgemental nature
- ▶ Able to cultivate the abilities of others – no need to be ‘better than’.
- ▶ Intellect is not a weapon

Healing the Hurt Gold

- ▶ Balancing to-do lists with personal health as well as the well-being of others
- ▶ Less control, more trust in others. Able to let go.
- ▶ See and respond to the 'people' side of things rather than just being about tasks.

Healing the Hurt Orange

- ▶ Taking appropriate risks
 - Gut is a trusted decision-maker
- ▶ Being energizing and uplifting without doing it for the need to be 'seen'
- ▶ Greater maturity; using the talents for the betterment of life.