

REFRAMING

Blue May See Self As:

Warm
Caring, compassionate
Romantic
Spiritual
Creative
Idealistic
People person
Willing to work tirelessly
for a cause
Unselfish
Empathetic
Affirming
Expressive, expansive
Caretaker
Promoting growth, well
being
Sympathetic

Others May See Blue As:

Over emotional
“bleeding heart”
Mushy
Other-worldly
Flaky, unrealistic
Hopelessly naïve
Too tender hearted
Easily duped
Too “touchy- feely”
Just pathetic
Too nice
Naïve, too trusting
Smothering
Teaching non-essentials
Soft