



What Do Your Colors Reveal About You? Personality Quiz

Step-by-Step Instructions:

1. Discuss the goal of this exercise. Review the Tips for Discussion and Processing section below to assist you with this dialogue.
2. Provide each participant with a copy of the Living Your Colors quiz. Allow participants time to read the introduction statement and further emphasize the need for them to be as true to themselves as possible. Review the directions for completing the quiz.
3. When both have the completed quiz, each participant should share their color scores from highest to lowest.
4. Distribute the Color Types – A Snapshot information sheet and allow them to briefly review the summaries of each color with each other.
5. When they have finished reading the information sheet, ask each individual what they agree with related to what they have read about their scores and personality. Then ask their partner if she or he agrees or has a difference perception.
6. Ask the couple to continue conversation outside of the visit and to discuss how their different personality types enhance and/or challenge how they interact. Inform them about further resources if desired.

Tips for Discussion and Processing

The Living Your Colors quiz is a snap shot of personality types and should not be used to completely define a person. In large part, personalities are influenced by many factors, including a person's environment. Case workers should encourage couples to continue reading, observing, and discussing the quiz results to help them get to know each other even better.

Title: Instructions: What Do Your Colors Reveal About You? Personality Quiz

Group Size: 10 to 50+; must be even numbered group as they will work in pairs

Time Needed: 20 minutes (discussion times vary)

Goal: To create a deeper understanding of self and a new acceptance of others.

Audience: Couples, Individuals

Special Considerations:

Resources Needed:

- The Living Your Colors quiz (copies are available online at <http://www.largeprintreviews.com/0446679119.html>)
- Information Sheet: Color Types – A Snapshot
- Writing utensils

Couples should also be reminded that most people are a blend of all four colors. Although it is more natural for every personality to be ruled by its dominant color, people should be encouraged to explore and develop the other temperaments as well. This will encourage balance which promotes healthier relationships.

Resources:

Keirsey, D. & Bates, M.(1984). Please Understand Me: Character and Temperament Types. Del Mar, California: Prometheus Nemesis.

Maddron, T. (1995). Living Your Colors: Practical Wisdom for Life, Love, Work and Play. New York: Warner Books, Inc.