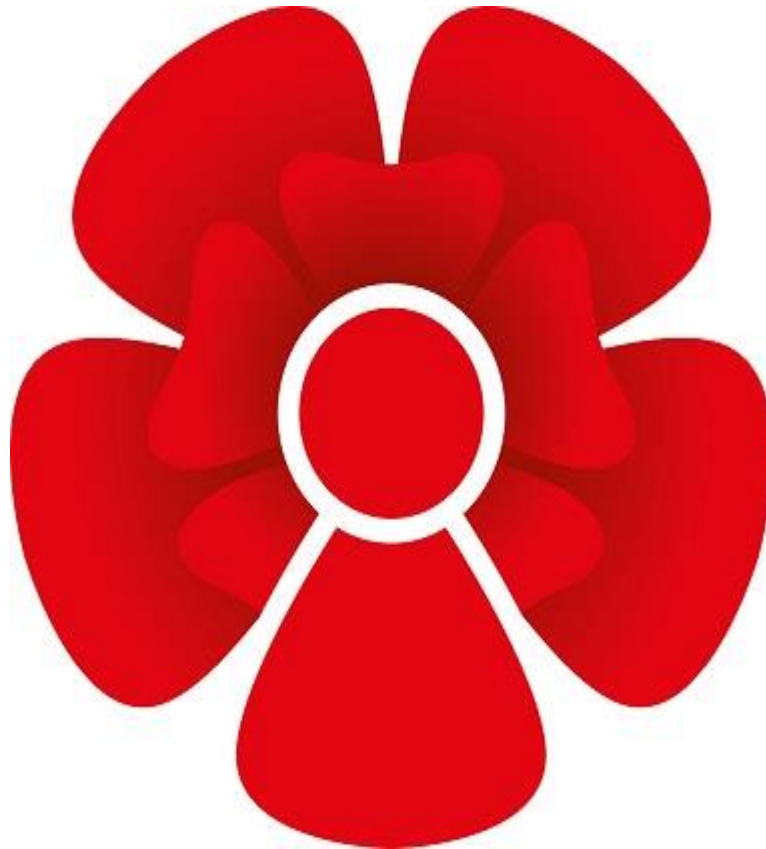


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Group Weight Loss Handouts

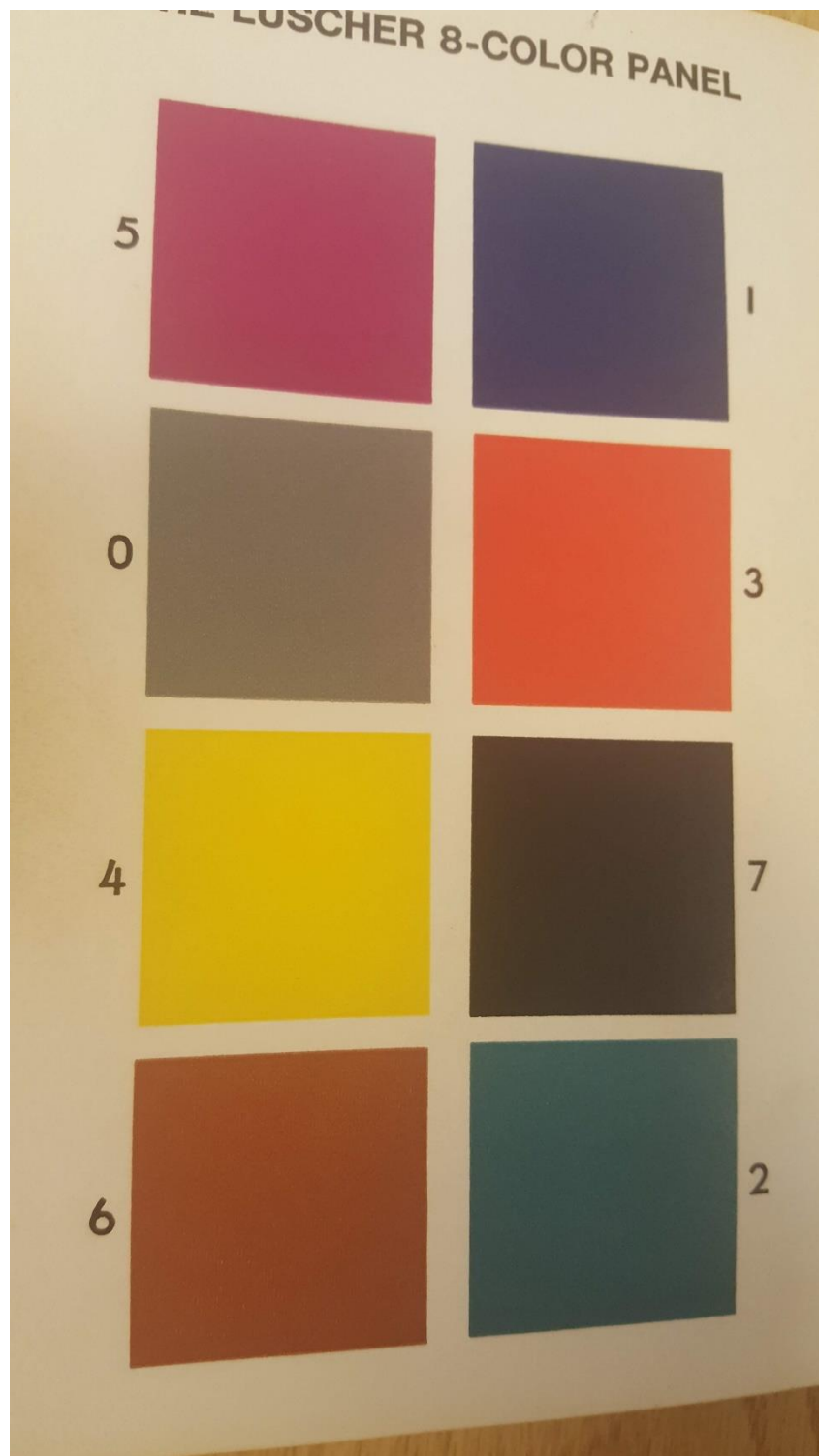
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Group Weight Loss Registration

Name	Email address	Mobile number

Luscher Colour Test



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Colour Card Analysis

First Pair

1.01* Grey/Blue

You feel exhausted by conflict and quarrelling and desire protection from them. You need peaceful conditions and a tranquil environment in which to relax and recover.

1.02* Grey/Green

You feel the existing circumstances are hostile and are exhausted by conflict and quarrelling. You wish to protect yourself and hide your intentions to avoid exposing them to attack, so that they will be safer and easier to achieve. You are careful to avoid stirring up any opposition which might endanger your plans.

1.03* Grey/Red

You have exaggerated demands on your life which are concealed behind specious rationalisation and cautious behaviour. You wish to impress others with your achievements but camouflage this desire and are inclined to be covert.

1.04** Grey/Yellow

You desire release from an unsatisfactory situation and from existing burdens which are both depressing and intolerable. You are seeking a way out, but feel there is no solution. You try to protect yourself against becoming involved in arguments and conflict.

1.05* Grey/Violet

You are fascinated by the idea of an idealised association of tenderness and mutual enchantment. You are embarrassed by the thought of allowing this to appear openly, and so employ cautious exploratory tactics in the pursuit of this objective, making sure that you are neither irrevocably committed nor found out.

1.06** Grey/Brown

You desire protection against anything which might exhaust or tire you. You seek a life of security and physical ease, free from any problem or disturbance.

1.07*** Grey/Black

You feel you have been unjustly and undeservedly treated and betrayed in your hopes. Disgruntled and in revolt against your existing circumstances which you consider an affront.

1.10* Blue/Grey

You need release from stress. You long for peace, tranquility and contentment.

1.12 Blue/Green

You need a peaceful environment. You want release from stress, and freedom from conflicts or disagreement. You take pains to control the situation and its problems by proceeding cautiously. You have sensitivity of feeling and a fine eye for detail.

1.13 Blue/Red

You seek affectionate, satisfying and harmonious relationships. You desire an intimate union, in which there is love, self-sacrifice and mutual trust.

1.14 Blue/Yellow

You seek an affectionate relationship, offering fulfilment and happiness. You are capable of powerful emotional enthusiasm. Helpful and willing to adapt yourself if necessary to realize the bond of affection you desire. You need the same consideration and understanding from others.

1.15 Blue/Violet

You long for tenderness and for a sensitivity of feeling into which you can blend. Responsive to anything aesthetic and tasteful.

1.16* Blue/Brown

You desire a conflict-free haven offering security and physical ease. You are in need of considerate treatment and loving care. You fear the emptiness and solitude of separation.

1.17** Blue/Black

You are urgently in need of rest, relaxation, peace and affectionate understanding. You feel you have been treated with a lack of consideration and are upset and agitated as a result. You regard your situation as intolerable as long as your requirements are not complied with.

1.20* Green/Grey

You want to establish yourself and make an impact despite unfavourable circumstances and a general lack of appreciation.

1.21 Green/Blue

You want to make a favourable impression and be recognised. You need to feel appreciated and admired. You are sensitive and easily hurt if no notice is being taken of you, or if you are not given adequate acknowledgement.

1.23 Green/Red

You seek success. You want to overcome obstacles and opposition and to make your own decisions. You pursue your objectives single-mindedly and with initiative. You do not want to feel dependent on the goodwill of others.

1.24 Green/Yellow

You need recognition. Ambitious, you want to impress and be looked up to, to be both popular and admired. You seek to bridge the gap which you feel separates you from others.

1.25 Green/Violet

You want to make a favourable impression and be regarded as a special personality. You are therefore constantly on the watch to see whether you are succeeding in this and how others are reacting to you; this makes you feel that you are in control. You use tactics cleverly in order to obtain influence and special recognition. Susceptible to the aesthetic or original.

- 1.26* Green/Brown
- You feel too much is being asked of you and are tired out, but still want to overcome your difficulties and establish yourself despite the effect such an effort would have on you. Proud, but resigned in your attitude. You need recognition, security and fewer problems.
- 1.27** Green/Black
- You want to prove to yourself and others that nothing can affect you, that you are superior to any form of weakness. As a result, you act with harshness or severity and adopt an autocratic and self-willed attitude.
- 1.30* Red/Grey
- You want to sweep aside the things that stand in your way, to follow your impulses and be involved in special or exciting happenings. In this way you hope to deaden the intensity of your conflicts, but your impulsive behaviour leads you to take risks.
- 1.31 Red/Blue
- You strive for a life rich in activity and experience, and for a close bond offering sexual and emotional fulfilment.
- 1.32 Red/Green
- You pursue your objectives with intensity and do not allow ;yourself to be deflected from you purpose. You want to overcome the obstacles with which you are faced and to achieve special recognition and standing from your success.
- 1.34 Red/Yellow
- You seek success, stimulation and a life full of experience. You want to develop freely and to shake of the shackles of self-doubt, to win and to live intensely. You like contact with others and are enthusiastic by nature. You are receptive to anything new, modern or intriguing; have many interests and want to expand your fields of activity. Optimistic about the future.
- 1.35 Red/Violet

- You are preoccupied with things of an intensely exciting nature, whether erotically stimulating or otherwise. You want to be regarded as an exciting and interesting personality with an altogether charming and impressive influence on others. You use tactics skillfully so as to avoid endangering your chances of success or undermining others' confidence in yourself.
- 1.36* Red/Brown
- You shelve your ambitions and forego your desire for prestige as you prefer to take things easily and indulge your longing for comfort and security.
- 1.37** Red/Black
- You want to make up for what you feel you have missed by living with exaggerated intensity. In this way you feel you can break free from all the things that oppress you.
- 1.40** Yellow/Grey
- You need a way of escape from all that oppresses you and you are clinging to vague and illusory hopes.
- 1.41* Yellow/Blue
- You hope that ties of affection and good-fellowship will bring release and contentment. Your own need for approval makes you ready to be of help to others and in exchange you want warmth and understanding. You are open to new ideas and possibilities which you hope will prove fruitful and interesting.
- 1.42* Yellow/Green
- You are alert and keenly observant. You are seeking fresh avenues offering greater freedom and the chance to make the most of them. You want to prove yourself and achieve recognition. You are striving to bridge the gap which you feel separates you from others.
- 1.43* Yellow/Red
- Your need to feel more causative and to have a wider sphere of influence makes you restless and you are driven by your desires and hopes. You may try to spread your activities over too wide a field.

- 1.45* Yellow/Violet
- You are over-imaginative and given to fantasy or day-dreaming. You long for interesting and exciting things to happen and want to be admired for your charm.
- 1.46** Yellow/Brown
- You are in despair and need relief of some sort. You want physical ease, a problem-free security and the chance to recover.
- 1.47*** Yellow/Black
- You try to escape from your problems, difficulties and tensions by abrupt, headstrong, and ill-considered decisions or changes of direction
- 1.50* Violet/Grey
- You long for sensitive and sympathetic understanding and want to protect yourself against argument, conflict or any exhausting stresses.
- 1.51 Violet/Blue
- You long for a tender and sympathetic bond and for a situation of idealised harmony. You have an imperative need for tenderness and affection. Susceptible to anything aesthetic.
- 1.52 Violet/Green
- You want to make a favourable impression and be regarded as a special personality. You are therefore constantly on the watch to see whether you are succeeding in this and how others are reacting to you; This makes you feel that you are in control. You use tactics cleverly in order to obtain influence and special recognition. Susceptible to the aesthetic or original.
- 1.53 Violet/Red
- You take easily and quickly to anything which provides stimulation. You are preoccupied with things of an intensely exciting nature, whether erotically stimulating or otherwise. You want to be regarded as an exciting and interesting personality with an altogether charming and

impressive influence on others. You use tactics cleverly so as to avoid endangering your chances of success or undermining others' confidence in you.

1.54* Violet/Yellow

You want interesting and exciting things to happen. You are able to make yourself well-liked by your obvious interest and by the very openness of your charm. Over-imaginative and given to fantasy or day-dreaming.

1.56* Violet/Brown

You wish to find your stimulation in a voluptuous atmosphere of sensuous luxury.

1.57** Violet/Black

You have an imperative need for some bond or fusion with another which will prove sensually fulfilling, but which will not conflict with your convictions or sense of fitness.

1.60** Brown/Grey

You are badly in need of rest and relaxation, freedom from conflict and the chance to recover. You want to protect yourself against destructive and exhausting influences. You long for security and freedom from problems.

1.61* Brown/Blue

You want contentment, physical ease and the absence of conflict. You need security and cling to it so as not to have to suffer loneliness or separation.

1.62* Brown/Green

You keep yourself under strict control so as not to break down under your difficulties. You need a safer and easier situation in which you can feel more secure and have a chance to recover.

1.63* Brown/Red

You have a powerful drive towards sensuousness.

1.64** Brown/Yellow

You feel that there is little prospect of achieving your hopes and therefore surrender yourself to a life of sensuous ease, free from any problems.

1.65* Brown/Violet

You seek luxury, sensuous comfort and the indulgence of a taste for the voluptuous.

1.67*** Brown/Black

You set yourself idealistic but illusory goals. You have been bitterly disappointed and turn your back on life in a weary self-disgust. You want to forget it all and recover in a comfortable, problem-free situation.

1.70*** Black/Grey

You feel the situation is hopeless. You strongly resist those things which you find disagreeable. You try to shield yourself from anything which might irritate you or make you feel more depressed.

1.71** Black/Blue

You are suffering from the effects of those things which are being rejected as disagreeable, and are strongly resisting them. You must want to be left in peace.

1.72** Black/Green

You defiantly oppose any sort of restriction or opposition. You stick obstinately to your own point of view in the belief that this proves your independence and self-determination.

1.73** Black/Red

You suffer from pent-up over-stimulation which threatens to discharge itself in an outburst of impulsive and impassioned behaviour.

1.74*** Black/Yellow

You try to escape from your problems, difficulties and tensions by abrupt, headstrong and ill-considered decisions. You are desperately seeking a way of escape, and there is danger of reckless behaviour to the point of self-destruction.

1.75** Black/Violet

You demand that ideas and emotions shall merge and blend perfectly. You refuse to make any concessions or to accept any compromises.

1.76*** Black/Brown

You set yourself idealistic but illusory goals. You have been bitterly disappointed and turn your back on life in a weary self-disgust. You want to forget it all and recover in a comfortable, problem-free situation.

Second Pair

2.01 Grey/Blue

While relatively inactive and in a static condition, conflict of one sort or another prevents peace of mind. You are unable to achieve relationships of the desire degree of mutual affection and understanding.

2.02 Grey/Green

The situation is difficult and you are trying to persist in your objectives against resistance. You find it necessary to conceal your intentions as an added precaution, in order to disarm opposition.

2.03 Grey/Red

You are having difficulty in making progress. Despite the attempt to conceal impulsiveness, your activities lead to problems and uncertainties, making you tense and irritable.

2.04 Grey/Yellow

Non-Realisation of hopes and the inability to decide on necessary remedial action has resulted in considerable stress.

2.05 Grey/Violet

The fear of rebuff and the extreme caution of your approach make it difficult for you to achieve the degree of intimacy and identification you desire.

2.06** Grey/Brown

You are unable to exert the effort to achieve your objectives. You feel neglected, desiring greater security, warm affection and fewer problems.

2.07* Grey/Black

- You are under considerable stress due to the demands of the existing situation. You are trying to extricate yourself from the things which restrict you or tie you down.
- 2.10 Blue/Grey
- You are sensitive and understanding but under some strain. You need to unwind in the company of someone close to you.
- 2.12 Blue/Green
- You act in an orderly, methodical and self-contained manner. You need the sympathetic understanding of someone who will give you recognition and approval.
- 2.13 Blue/Red
- You work well in co-operation with others but are inclined to take the leading role. You need a personal life of mutual understanding and freedom from discord.
- 2.14 Blue/Yellow
- You are willing and adaptable. You are only at peace when closely attached to a person, group or organisation on which reliance can be placed.
- 2.15 Blue/Violet
- You are sensitive and need aesthetic surroundings, or an equally sensitive and understanding partner with whom to share a warm intimacy.
- 2.16 Blue/Brown
- You avoid excessive effort and need roots, security and peaceful companionship.
- 2.17 Blue/Black
- You need warm companionship, but are intolerant of anything short of special consideration from those close to you. If this is not forthcoming, you are liable to shut yourself away from them.

- 2.20 Green/Grey
- Defensive. You feel your position is threatened or inadequately established. You are determined to pursue your objectives despite the anxiety induced by opposition.
- 2.21 Green/Blue
- Orderly, methodical and self-contained. You need the respect, recognition and understanding of those close to you.
- 2.23 Green/Red
- You are authoritative or in a position of authority, but liable to feel that further progress is rendered problematical by existing difficulties. You persevere despite opposition.
- 2.24 Green/Yellow
- You are trying to improve your position and prestige. You are dissatisfied with your existing circumstances and consider some improvement essential to your self-esteem.
- 2.25 Green/Violet
- You are working to improve your image in the eyes of others in order to obtain their compliance and agreement with your needs and wishes.
- 2.26 Green/Brown
- You are working to create for yourself a firm foundation on which to erect a secure, comfortable and problem-free future, in which you will be granted respect and recognition.
- 2.27 Green/Black
- You pursue your objectives and your own self-interest with a stubborn determination. You refuse to compromise or make concessions.
- 2.30 Red/Grey

- Impulsive and irritable. Your desires, and the actions involved, are paramount, insufficient consideration being given to their consequences. This leads to, or arises from, stress and conflict.
- 2.31 Red/Blue
- You work well in co-operation with others. You need a personal life of mutual understanding and freedom from discord.
- 2.32 Red/Green
- You exercise initiative in overcoming obstacles and difficulties. You either hold, or wish to achieve, a position of authority in which control can be exerted over events.
- 2.34 Red/Yellow
- Volatile and outgoing. You need to feel that events are developing along desired lines, otherwise irritation can lead to changeability or superficial activities.
- 2.35 Red/Violet
- You readily participate in things affording excitement or stimulation. You want to feel exhilarated.
- 2.36 Red/Brown
- You are unwilling to extend yourself or exert undue effort (with the possible exception of sexual activity). You feel that further progress requires more from you than you are willing or able to give. You would prefer reasonable comfort and security rather than the rewards of a greater ambition.
- 2.37* Red/Black
- You feel obstructed in your desires and prevented from obtaining the things you regard as essential.
- 2.40 Yellow/Grey

- You are seeking a solution to existing problems or anxieties, but you are liable to find it difficult to decide on a right course to follow.
- 2.41 Yellow/Blue
- You are easily affected by your environment and readily moved by the emotions of others. You seek congenial relationships and an occupation which will promote them.
- 2.42 Yellow/Green
- You hope to obtain an improved position and greater prestige, so that you can procure for yourself more of the things you have had to do without.
- 2.43 Yellow/Red
- Active, outgoing and restless. You feel frustrated by the slowness with which events develop along the desired lines. This leads to irritability, changeability and lack of persistence when pursuing a given objective.
- 2.45 Yellow/Violet
- Imaginative and sensitive. You are seeking an outlet for these qualities - especially in the company of someone equally sensitive. Interest and enthusiasm are readily aroused by the unusual or the adventurous.
- 2.46 Yellow/Brown
- Insecure. You seek roots, stability, emotional security and an environment providing greater ease and fewer problems.
- 2.47* Yellow/Black
- The existing situation contains critical or dangerous elements for which it is imperative that some solution be found. This may lead to sudden, even reckless, decisions. You are self-willed and reject any advice from others.
- 2.50 Violet/Grey

- You seek a close and understanding bond in an atmosphere of shared intimacy, as a protection against anxiety and conflict.
- 2.51 Violet/Blue
- You seek to share a bond of understanding intimacy in an aesthetic atmosphere of peace and tenderness.
- 2.52 Violet/Green
- You are working to improve your image in the eyes of others in order to obtain their compliance and agreement with your needs and wishes.
- 2.53 Violet/Red
- You readily participate in things affording excitement or stimulation. You want to feel exhilarated.
- 2.54 Violet/Yellow
- Imaginative and sensitive. You are seeking an outlet for these qualities - especially in the company of someone equally sensitive. Interest and enthusiasm are readily aroused by the unusual or the adventurous.
- 2.56 Violet/Brown
- Sensuous. You are inclined to luxuriate in things which give gratification to the senses, but reject anything tasteless, vulgar or coarse.
- 2.57 Violet/Black
- You need, and insist on having, a close and understanding relationship, or at least some method of satisfying a compulsion to feel identified.
- 2.60* Brown/Grey
- You are unable to exert the effort to achieve your objectives. You feel neglected, desiring greater security, warm affection and fewer problems.

- 2.61 Brown/Blue
- You avoid excessive effort and need roots, security and peaceful companionship. You may be physically unwell, in need of gentle handling and considerate treatment.
- 2.62 Brown/Green
- You are having difficulty in standing up to the demands imposed on you. You find a great effort is involved and wish to have the situation eased.
- 2.63 Brown/Red
- You are having difficulty in making progress and unwilling to put forth further effort. You are seeing more comfortable conditions where you can avoid anything disturbing.
- 2.64 Brown/Yellow
- Insecure. You seek roots, stability, emotional security and an environment providing greater ease and fewer problems, but are either unwilling or unable to exert the effort.
- 2.65 Brown/Violet
- Sensuous. You are inclined to luxuriate in things which give gratification to the senses, but reject anything tasteless, vulgar or coarse.
- 2.67* Brown/Black
- Physical illness, over-tension or emotional distress have taken a severe toll. Your self-esteem has been reduced and you now need peaceful conditions and considerate treatment to permit recovery.
- 2.70** Black/Grey
- Dissatisfied. The need to escape continued involvement with your present circumstances makes it imperative for you to find some solution.

- 2.71* Black/Blue
- You need peace and quiet. You desire a close and faithful partner from whom to demand special consideration and unquestioning affection. If these requirements are not met, you are liable to turn away and withdraw altogether.
- 2.72* Black/Green
- You not only consider your demands minimal, but also regard them as imperative. You stick to them stubbornly and will concede nothing.
- 2.73* Black/Red
- You feel obstructed in your desires and prevented from obtaining the things you regard as essential.
- 2.74* Black/Yellow
- The existing situation contains critical or dangerous elements for which it is imperative that some solution be found. This may lead to sudden, even reckless, decisions. You are self-willed and reject any advice from others.
- 2.75* Black/Violet
- You need, and insist on having, a close and understanding relationship, or at least some method of satisfying a compulsion to feel identified.
- 2.76** Black/Brown
- Physical illness, over-tension or emotional distress have taken a severe toll. Your self-esteem has been reduced and you now need peaceful conditions and considerate treatment to permit recovery.

Third Pair

3.01 Grey/Blue

Relationships may rarely measure up to your high emotional expectations and your need to be made much of, leading to disappointment. You always have mental reservations and tend to remain emotionally isolated and unattached.

3.02 Grey/Green

You feel you are receiving less than your share, but that you will have to conform and make the best of your situation.

3.03* Grey/Red

You feel listless, hemmed in and anxious. You consider that circumstances are forcing you to restrain your desires. You want to avoid open conflict with others and to have peace and quiet.

3.04 Grey/Yellow

You are demanding and particular in your relations with your partner or those close to you, but careful to avoid open conflict since this might reduce your prospects of realizing your hopes and ideas.

3.05 Grey/Violet

You tend to be egocentric and therefore quick to take offence.

3.06 Grey/Brown

You are willing to become emotionally involved and able to achieve satisfaction from sexual activity.

3.07 Grey/Black

Circumstances are such that you feel forced to compromise for the time being if you are to avoid being cut off from affection or from full participation.

- 3.10 Blue/Grey
- You have high emotional demands and are willing to involve yourself in a close relationship, but not with any great depth of feeling.
- 3.12 Blue/Green
- You believe that you are not receiving your share - that you are neither properly understood nor adequately appreciated. You feel that you are being compelled to conform, and close relationships leave you without any sense of emotional involvement.
- 3.13* Blue/Red
- You feel cut off and unhappy because of the difficulty in achieving the essential degree of co-operation and harmony which you desire.
- 3.14 Blue/Yellow
- You are exacting in your emotional demands and very particular in your choice of partner. The desire for emotional independence prevents any depth of involvement.
- 3.15 Blue/Violet
- You tend to be egocentric and therefore quick to take offence, leaving you rather isolated in your attachments.
- 3.16 Blue/Brown
- You are able to obtain physical satisfaction from sexual activity but are inclined to be emotionally withdrawn, which prevents you from becoming deeply involved.
- 3.17 Blue/Black
- Emotionally inhibited. You feel forced to compromise, making it difficult for you to form a stable emotional attachment.

- 3.20 Green/Grey
- An unadmitted lack of confidence makes you careful to avoid open conflict and you feel you must make the best of things as they are.
- 3.21 Green/Blue
- You believe that you are not receiving your share - that you are neither properly understood nor adequately appreciated. You feel that you are being compelled to conform, and close relationships leave you without any sense of emotional involvement.
- 3.23* Green/Red
- Unhappy at the resistance you feel whenever you try to assert yourself. Indignant and resentful because of these setbacks, but you give way apathetically and make whatever adjustments are necessary so that you can have peace and quiet.
- 3.24 Green/Yellow
- You feel that you are burdened with more than your fair share of problems. However, you stick to your goals and try to overcome your difficulties by being flexible and accommodating.
- 3.25 Green/Violet
- You feel that you are receiving less than your share and that there is no-one on whom you can rely for sympathy and understanding. Pent-up emotions make you quick to take offence, but you realise that you have to make the best of things as they are.
- 3.26 Green/Brown
- You feel that you cannot do much about your existing problems and difficulties and that you must make the best of things as they are. You are able to achieve satisfaction through sexual activity.
- 3.27 Green/Black
- Circumstances are forcing you to compromise, to restrain your demands and hopes, and to forego for the time being some of the things you want.

- 3.30* Red/Grey
- You feel distressed by the obstacles with which you are faced and in no mood for any form of activity or for further demands on you. You need peace and quiet, and the avoidance of anything which might distress you further.
- 3.31* Red/Blue
- You feel cut off and unhappy because of the difficulty in achieving the essential degree of co-operation and harmony which you desire.
- 3.32* Red/Green
- You feel unhappy at the resistance you feel whenever you try to assert yourself. However, you believe that there is little you can do and that you must make the best of the situation.
- 3.34* Red/Yellow
- You want to broaden your fields of activity and insist that your hopes and ideas are realistic. Distressed by the fear that you may be prevented from doing what you want. You need both peaceful conditions and quiet reassurance to restore your confidence.
- 3.35* Red/Violet
- You become distressed when your needs or desires are misunderstood and feel that you have no-one to turn to or rely on. You tend to be egocentric and therefore quick to take offence.
- 3.36* Red/Brown
- You feel trapped in a distressing or uncomfortable situation and are seeking some way of gaining relief. You are able to achieve satisfaction through sexual activity.
- 3.37* Red/Black
- Circumstances are restrictive and hampering, forcing you to forego all joys and pleasures for the time being.
- 3.40 Yellow/Grey

- You are willing to become emotionally involved, but demanding and particular in your choice of a partner and in your relations with those close to you. You need reassurance and are careful to avoid open conflict since this might reduce your prospects of realising your hopes.
- 3.41 Yellow/Blue
- You are exacting in your emotional demands, especially during moments of intimacy, leaving you frustrated in your desire for a perfect union.
- 3.42 Yellow/Green
- You feel that you are burdened with more than your fair share of problems. However, you stick to your goals and try to overcome your difficulties by being flexible and accommodating.
- 3.43* Yellow/Red
- You want to broaden your fields of activity and insist that your hopes and ideas are realistic. Distressed by the fear that you may be prevented from doing what you want. You need both peaceful conditions and quiet reassurance to restore your confidence.
- 3.45 Yellow/Violet
- You insist that your hopes and ideas are realistic, but need reassurance and encouragement. You tend to be egocentric and therefore quick to take offence.
- 3.46 Yellow/Brown
- You are very exacting in the standards you apply to your choice of partner and you seek a rather unrealistic perfection in your sex life.
- 3.47 Yellow/Black
- You insist that your goals are realistic and stick obstinately to them, even though circumstances are forcing you to compromise. You are very exacting in the standards you apply to your choice of partner.
- 3.50 Violet/Grey

- You are willing to become emotionally involved as you feel rather isolated and alone. You tend to be egocentric and therefore quick to take offence, though you try to avoid open conflict.
- 3.51 Violet/Blue
- You feel rather isolated and alone, but are too reserved to allow yourself to form deep attachments. You tend to be egocentric and therefore quick to take offence.
- 3.52 Violet/Green
- You feel that you are receiving less than you share and that there is no-one on whom you can rely for sympathy and understanding. Pent-up emotions make you quick to take offence, but you realise that you have to make the best of things as they are.
- 3.53* Violet/Red
- You become distressed when your needs or desires are misunderstood and feel that you have no-one to turn to or rely on. You tend to be egocentric and therefore quick to take offence.
- 3.54 Violet/Yellow
- You insist that your hopes and ideas are realistic, but need reassurance and encouragement. You tend to be egocentric and therefore quick to take offence.
- 3.56 Violet/Brown
- You tend to be egocentric and therefore quick to take offence. You are able to obtain physical satisfaction from sexual activity but tend to hold aloof emotionally.
- 3.57 Violet/Black
- Conditions are such that you will not let yourself become intimately involved without making mental reservations.
- 3.60 Brown/Grey

- You are willing to become emotionally involved and able to achieve satisfaction through sexual activity, but you try to avoid conflict.
- 3.61 Brown/Blue
- You are able to obtain physical satisfaction from sexual activity but are inclined to be emotionally withdrawn, which prevents you from becoming deeply involved.
- 3.62 Brown/Green
- You feel that you cannot do much about your existing problems and difficulties and that you must make the best of things as they are. You are able to achieve satisfaction through sexual activity.
- 3.63* Brown/Red
- You feel trapped in a distressing or uncomfortable situation and seek some way of gaining relief. You are able to achieve satisfaction through sexual activity providing no turmoil or emotional agitation is involved.
- 3.64 Brown/Yellow
- You are very exacting in the standards you apply to your choice of partner and you seek a rather unrealistic perfection in your sex life.
- 3.65 Brown/Violet
- You tend to be egocentric and therefore quick to take offence. You are able to obtain physical satisfaction from sexual activity but tend to hold aloof emotionally.
- 3.67 Brown/Black
- Circumstances force you to compromise and to forego some pleasures for the time being. You are capable of achieving physical satisfaction from sexual activity.
- 3.70 Black/Grey

Circumstances are such that you feel forced to compromise for the time being if you are to avoid being cut off from affection or from full participation.

3.71 Black/Blue

Emotionally inhibited. You feel forced to compromise, making it difficult for you to form a stable emotional attachment.

3.72 Black/Green

Circumstances are forcing you to compromise, to restrain your demands and hopes, and to forego for the time being some of the things you want.

3.73* Black/Red

Circumstances are restrictive and hampering, forcing you to forego all joys and pleasures for the time being.

3.74 Black/Yellow

You insist that your goals are realistic and stick obstinately to them, even though circumstances are forcing you to compromise. You are very exacting in the standards you apply to your choice of partner.

3.75 Black/Violet

Conditions are such that you will not let yourself become intimately involved without making mental reservations.

3.76 Black/Brown

Circumstances force you to compromise and to forego some pleasures for the time being. You are capable of achieving physical satisfaction from sexual activity.

Fourth Pair

4.01** Grey/Blue

You refuse to relax or give in. You hold exhaustion and depression at bay by keeping active. An existing situation or relationship is unsatisfactory, but you feel unable to change it to bring about the sense of belonging you need. Unwilling to expose your vulnerability, you continue to resist this state of affairs, but you feel dependent on the attachment. This not only depresses you but makes you irritable and impatient, producing considerable restlessness and the urge to get away from the situation, either actually or, at least, mentally. Your ability to concentrate may suffer. In brief - restless dissatisfaction.

4.02** Grey/Green

Your willpower and perseverance are in danger of being overwhelmed by excessive stress. Your resilience and tenacity have become weakened. You feel overtaxed, worn out and getting nowhere, but continue to stand your ground. You feel this adverse situation as an actual tangible pressure which is intolerable to you and from which you want to escape, but you feel unable to make the necessary decision. In brief-unresolved pressure.

4.03** Grey/Red

Suppressed agitation resulting from the attempt to resist any form of stimulation or excitement. This can lead to irritability, angry outbursts or even sexual neuroses. There is a possibility of cardiac complaints. The situation is regarded as threatening and dangerous. You feel outraged at the thought that you will be unable to achieve your goals and distressed at your feeling of helplessness to remedy this. You are over-extended and feel beset, possibly to the point of nervous prostration. In brief - helpless irritability.

4.04** Grey/Yellow

Stresses resulting from disappointment have led to agitation. Unfulfilled expectations have led to uncertainty and an apprehensive watchfulness. You badly need to feel secure and protected against further disappointment, being passed over, or losing standing and prestige. You are doubtful that things will be any better in the future, but inclined nevertheless to make exaggerated demands and to reject compromise. In brief - apprehensive insecurity.

4.05 Grey/Violet

Stress due to suppressed sensitivity. You delight in the tasteful, the gracious and the sensitive, but maintain your attitude of critical appraisal and refuse to be swept off your feet unless genuineness and integrity can be absolutely vouched for. You therefore keep a strict and watchful control on your emotional relationships, as you must know exactly where you stand. You demand complete sincerity as a protection against your own tendency to be too trusting. In brief - controlled responsiveness.

4.06 Grey/Brown

Suppression of the physical and nervous requirements of the body. The existing situation is disagreeable. You have an unsatisfied need to ally yourself with others whose standards are as high as your own, and to stand out from the rank and file. Your control of your sensual instincts restrict your ability to give yourself, but the resulting isolation leads to the urge to surrender and allow yourself to merge with another. This disturbs you, as such instincts are regarded as weaknesses to be overcome. You feel that only by continued self-restraint can you hope to maintain your attitude of individual superiority. You want to be loved or admired for yourself alone. You need attention, recognition and the esteem of others.

4.07 Grey/Black

Pronounced susceptibility to outside stimuli. You want to overcome a feeling of emptiness and to bridge the gap which you feel separates you from others. You feel anxious to experience life in all its aspects, to explore all its possibilities and to live life to the full. You therefore resent any restriction or limitation being imposed on you and insist on being free and unhampered. In brief - expectant self-determinism.

4.10* Blue/Grey

You feel you cannot control the situation to create the sense of belonging you need, and so you remain unwilling to place yourself unreservedly in another's hand. You are resisting a condition or relationship which you regard as a discouraging responsibility. You feel life has far more to offer and are likely to remain impatient and irritable until you have obtained all you feel you still lack. The urge to get away from this unsatisfactory state leads to restlessness and instability. Your concentration may suffer.

4.12*** Blue/Green

Your willpower and perseverance are in danger of being overwhelmed by excessive stress. Your resilience and tenacity are being overtaxed by the continued attempt to overcome existing difficulties. You stick to your objectives but feel subjected to intolerable pressure.

You consider it impossible to change the situation into one of co-operation and mutual trust and so desire to be free of it altogether. In brief - pressure arising from stress and discord.

4.13*** Blue/Red

There is considerable distress arising from some unsatisfactory relationship. You feel helpless to restore affinity and any semblance of mutual trust, so the situation is regarded as a depressing and unhappy state which you must continue to tolerate. You feel beset to the point of nervous prostration. In brief - helpless and irritable disharmony.

4.14*** Blue/Yellow

An emotional relationship is no longer running smoothly, has proved deeply disappointing and is now regarded as a depressing tie. While on the one hand, you would like to free yourself from this attachment altogether, on the other, you do not want to lose anything nor risk uncertainty and the possibility of further disappointment. These contradictory emotions aggravate you to such an extent that you try to suppress them beneath an aloof and severe attitude. In brief - stress arising from emotional disappointment.

4.15* Blue/Violet

An existing situation is unsatisfactory and you feel unable to improve it without willing co-operation. The need for understanding and for affectionate give-and-take remains unsatisfied. You now have a feeling of being tied down, giving rise to impatience, irritability and the desire to escape. In brief - impatience arising from continued misunderstanding.

4.16* Blue/Brown

You feel you must have co-operation before the existing situation can be improved. Lack of understanding and appreciation makes you feel no real bond exists, and discontent gives rise to a touchy sensitivity. You want to feel safer and more at ease. You would like to get away from what you now consider a depressing tie and re-establish your own individuality. Your sensual self-restraint makes it difficult for you to give yourself, but the resulting isolation leads to the urge to surrender and merge with another. This disturbs you as you regard such instincts as weaknesses to be overcome. You feel that you can only assert your own individuality by continued self-restraint, that this alone will allow you to stand your ground through your present difficulties.

4.17* Blue/Black

An existing situation or relationship is unsatisfactory, but you feel unable to improve it without willing co-operation. You are unwilling to expose your vulnerability and therefore consider it inadvisable to display affection or be over-demonstrative. You regard the relationship as a depressing tie but, although you want to be independent and unhampered, you do not want to risk losing anything. All this leads you to react touchily and with impatience, while the urge to "get away from it all" results in considerable restlessness. Your ability to concentrate may suffer.

4.20** Green/Grey

You have lost the resilience and strength of will necessary to contend with existing difficulties. You feel overtaxed and getting nowhere, but continue to stand your ground and still pursue your objectives with a fierce intensity. This subjects you to intolerable pressure from which you want to escape, but you cannot bring yourself to make the necessary decision. As a result, you remain firmly involved in the problem and can neither view it objectively nor get rid of it. You cannot leave it alone and feel you will only be at peace when you have reached your objective.

4.21*** Green/Blue

You have lost the resilience and strength of will necessary to contend with existing difficulties, which appear to you as deliberate opposition. You stand your ground, but are subjected to intolerable pressure. You need co-operation and emotional fulfilment and feel that, in their absence, there is nothing you can do to improve the current situation. You want to "get away from it all" quickly.

4.23*** Green/Red

You are distressed by the apparent hostility of the environment. You feel coerced and subjected to intolerable pressure. You are rebellious and resentful of what you regard as unreasonable demands on you, but feel powerless to control the situation and unable to protect yourself.

4.24*** Green/Yellow

You feel disappointment and your unfulfilled hopes have given rise to anxious uncertainty, while doubts that things will be any better in the future lead to the postponement of essential decisions. This conflict between hope and necessity is creating considerable pressure. Instead of resolving this by facing up to making the essential decision, you are likely to immerse yourself in the pursuit of trivialities as an escape route.

4.25* Green/Violet

You feel in an invidious position - that trust, affection and understanding are being withheld and that you are being treated with an humiliating lack of consideration. You consider you are being denied the appreciation essential to your self-esteem and that there is nothing you can do about it. You are disheartened by the lone struggle against difficulties with no encouragement. You feel you are getting nowhere - that instead of the admiration you need, you are consistently misunderstood. You want to escape from the situation but cannot find the strength of mind to make the necessary decision.

4.26* Green/Brown

You have an unsatisfied need to ally yourself with others whose standards are as high as your own, and to stand out from the rank and file. This subjects you to considerable stress, but you stick to your attitudes despite lack of appreciation. You find the situation uncomfortable and would like to break away from it, but refuse to compromise with your opinions. You are unable to resolve the situation because you continually postpone making the necessary decision as you doubt your ability to withstand the opposition which would result. You need the esteem of others, compliance with your wishes and respect for your opinions before you can feel at ease and secure.

4.27* Green/Black

You seek independence and freedom from any restriction and therefore avoid obligations or anything which might prove hampering. You are being subjected to considerable pressure and want to escape from it so that you can obtain what you need, but tend to lack the necessary strength of purpose to succeed in this.

4.30** Red/Grey

The situation is regarded as threatening and dangerous. You feel resentful that what you have striven so hard for is being menaced, and desperate because you feel powerless to prevent it. You fear that you are going to miss out altogether. You are unable to view the situation objectively, but extremely agitated and cannot rest in your attempts to remove this threat to your desires. You feel over-extended and beset, possibly to the point of nervous prostration.

4.31*** Red/Blue

- You feel distressed by the unsatisfactory state of some close association. You feel unable to do anything to restore affinity and mutual trust, and consider that you are tied down in an unhappy situation from which you cannot escape.
- 4.32*** Red/Green
- You feel acutely distressed by what appears as an hostile environment. You feel you are being subjected to intolerable pressure and driven against your will. You feel rebellious and resentful at what you consider to be unreasonable demands on you, but feel powerless to control the situation or protect yourself in any way.
- 4.34*** Red/Yellow
- You are eager to make a good impression, but worried and doubtful about the likelihood of succeeding. You feel that you have a right to anything you might hope for, and become helpless and distressed when circumstances go against you. You find the mere possibility of failure most upsetting and this can even lead to nervous prostration. You see yourself as a "victim" who has been misled and abused, mistake this dramatisation for reality and try to convince yourself that your failure to achieve standing and recognition is the fault of others.
- 4.35** Red/Violet
- You are responsive to outside stimuli and want to experience everything intensely, but you are finding the existing situation extremely frustrating. You need sympathetic understanding and sense of security. You feel distressed by your apparent lack of power to achieve your goals.
- 4.36* Red/Brown
- You feel unappreciated and find the existing situation disagreeable. You want personal recognition and the esteem of others to compensate for the lack of like-minded people with whom to ally yourself and make yourself more secure. Your sensual self-restraint makes it difficult for you to give yourself, but the resulting isolation leads to the urge to surrender and merge with another. This disturbs you as you regard such instincts as weaknesses to be overcome. You feel that only by not succumbing to them can you withstand the difficulties of the situation. You want to be valued as a desirable associate and admired for your personal qualities.
- 4.37* Red/Black

- You feel trapped in a disagreeable situation and powerless to remedy it. You feel angry and disgruntled as you doubt that you will be able to achieve your goals and frustrated almost to the point of nervous prostration. You want to get away, feel less restricted and free to make your own decisions.
- 4.40* Yellow/Grey
- You feel that life must yield more than it is and that your hopes and desires must somehow be realised - that they must be granted in their entirety. The existing uncertainty causes considerable worry and you are tensely on your guard against missing any opportunity. You are anxious to avoid any further setbacks, any loss of standing or prestige. You try to make sure that you will not be overlooked and badly need security.
- 4.41*** Yellow/Blue
- An emotional relationship is no longer running smoothly, has proved deeply disappointing and is now regarded as a depressing tie. While on the one hand, you would like to free yourself from this attachment altogether, on the other, you do not want to lose anything nor risk uncertainty and the possibility of further disappointment. These contradictory emotions aggravate you to such an extent that you try to suppress them beneath an aloof and severe attitude. In brief - stress arising from emotional disappointment.
- 4.42*** Yellow/Green
- You feel disappointment and your unfulfilled hopes have given rise to anxious uncertainty, while doubts that things will be any better in the future lead to the postponement of essential decisions. This conflict between hope and necessity is creating considerable pressure. Instead of resolving this by facing up to making the essential decision, you are likely to immerse yourself in the pursuit of trivialities as an escape route.
- 4.43*** Yellow/Red
- You are eager to make a good impression, but worried and doubtful about the likelihood of succeeding. You feel that you have a right to anything you might hope for, and become helpless and distressed when circumstances go against you. You find the mere possibility of failure most upsetting and this can even lead to nervous prostration. You see yourself as a "victim" who has been misled and abused, mistake this dramatisation for reality and try to convince yourself that your failure to achieve standing and recognition is the fault of others.
- 4.45* Yellow/Violet

You suppress your innate enthusiasm and imaginative nature, for fear that you might be carried away by it only to find yourself pursuing some will-o'-the-wisp. You feel you have been misled and abused and have withdrawn to hold yourself cautiously aloof from others. You keep a careful and critical watch to see whether motives towards you are sincere - a watchfulness which easily develops into suspicion and distrust.

4.46* Yellow/Brown

The existing situation is disagreeable. You feel lonely and uncertain as you have an unsatisfied need to ally yourself with others whose standards are as high as your own, and want to stand out from the rank and file. This sense of isolation magnifies the need into a compelling urge, all the more upsetting to your self-sufficiency because of the restraint you normally impose on yourself. Since you want to demonstrate the unique quality of your own character, you try to suppress this need for others and affect an attitude of unconcerned self-reliance to conceal your fear of inadequacy, treating those who criticise your behaviour with contempt. However, beneath this assumption of indifference you really long for the approval and esteem of others.

4.47* Yellow/Black

Unfulfilled hopes have led to uncertainty and a tense watchfulness. You insist on freedom of action and resent any form of control other than that which is self-imposed. You are unwilling to go without or relinquish anything and demand security as a protection against any further setbacks or loss of position and prestige. You doubt that things will be any better in the future and this negative attitude leads you to exaggerate your claims and refuse reasonable compromises.

4.50 Violet/Grey

You feel that life has far more to offer and that it is imperative that you should find the responsive and understanding relationship you are seeking. You therefore follow up any opportunity which presents itself. However, you maintain your attitude of critical appraisal and refuse to be swept off your feet unless genuineness and integrity can be absolutely vouched for. You therefore keep a strict and watchful control on your emotional relationships as you must know exactly where you stand. You demand complete sincerity as a protection against your own tendency to be too trusting.

4.51* Violet/Blue

An existing relationship is unsatisfactory but you feel unable to change it without co-operation. The need for understanding, for affectionate give-and-take remains unfulfilled.

This not only depresses you but makes you irritable and impatient, producing restlessness and the urge to get away from the situation, either actually or, at least, mentally. Your ability to concentrate may suffer.

4.52* Violet/Green

You feel in an invidious position - that trust, affection and understanding are being withheld and that you are being treated with an humiliating lack of consideration. You consider you are being denied the appreciation essential to your self-esteem and that there is nothing you can do about it. You are disheartened by the lone struggle against difficulties with no encouragement. You feel you are getting nowhere - that instead of the admiration you need, you are consistently misunderstood. You want to escape from the situation but cannot find the strength of mind to make the necessary decision.

4.53** Violet/Red

You are responsive to outside stimuli and want to experience everything intensely, but you are finding the existing situation extremely frustrating. You need sympathetic understanding and a sense of security. You feel distressed by your apparent lack of power to achieve your goals.

4.54* Violet/Yellow

You suppress your innate enthusiasm and imaginative nature, for fear that you might be carried away by it only to find yourself pursuing some will-o'-the-wisp. You feel you have been misled and abused and have withdrawn to hold yourself cautiously aloof from others. You keep a careful and critical watch to see whether motives towards you are sincere - a watchfulness which easily develops into suspicion and distrust.

4.56 Violet/Brown

You want a partner with whom you can share fully in an atmosphere of cloudless serenity, but your compulsion to demonstrate your individuality leads you to adopt a critical and demanding attitude. This introduces discord and leads to alternative periods of drawing closer and drawing apart, so that the ideal state is not allowed to develop. Despite the urge to gratify your natural desires, you impose a considerable self-restraint on your instincts in the belief that this demonstrates your superiority and raises you above the common herd. Discerning, critical and particular, having taste and discrimination. These qualities, combined with your tendency to form your own views, enable you to judge things for yourself and to express your opinion with authority. You enjoy the original, the ingenious and the subtle,

striving to ally yourself with others of similar taste who can help you in your intellectual unfolding. You desire admiration and the esteem of others.

4.57 Violet/Black

You strive for straight-forward relationships, founded on mutual trust and understanding. You wish to act only in conformity with your own convictions. You demand freedom to make your own decisions without being subjected to interference, outside influence or the necessity of making compromises.

4.60 Brown/Grey

The existing situation is disagreeable. You have an unsatisfied need to ally yourself with others whose standards are as high as your own, and to stand out from the common herd. Your control of your sensual instincts restricts your ability to give yourself, but the resulting isolation leads to the urge to surrender and allow yourself to merge with another. This disturbs you, as such instincts are regarded as weaknesses to be overcome. You feel that only by continued self-restraint can you hope to maintain your attitude of individual superiority. You want to be loved, or admired for yourself alone. You need attention, recognition and the esteem of others.

4.61* Brown/Blue

You feel you must have co-operation before the existing situation can be improved. Lack of understanding and appreciation makes you feel no real bond exists, and discontent gives rise to a touchy sensitivity. You want appreciation makes you feel no real bond exists, and discontent gives rise to a touchy sensitivity. You want to feel safer and more at ease. You would like to get away from what you now consider a depressing tie and re-establish your own individuality. Your sensual self-restraint makes it difficult for you to give yourself, but the resulting isolation leads to the urge to surrender and merge with another. This disturbs you as you regard such instincts as weaknesses to be overcome. You feel that you can only assert your own individuality by continued self-restraint, that this alone will allow you to stand your ground through your present difficulties.

4.62* Brown/Green

You have an unsatisfied need to ally yourself with others whose standards are as high as your own, and to stand out from the rank and file. This subjects you to considerable stress, but you stick to your attitudes despite lack of appreciation. You find the situation uncomfortable and would like to break away from it, but refuse to compromise with your opinions. You are unable to resolve the situation because you continually postpone making the necessary

decision as you doubt your ability to withstand the opposition which would result. You need the esteem of others, compliance with your wishes and respect for your opinions before you can feel at ease and secure.

4.63** Brown/Red

You feel unappreciated and find the existing situation disagreeable. You want personal recognition and the esteem of others to compensate for the lack of like-minded people with whom to ally yourself, but the resulting isolation leads to the urge to surrender and merge with another. This disturbs you as you regard such instincts as weaknesses to be overcome. You feel that only by not succumbing to them can you withstand the difficulties of the situation. You want to be valued as a desirable associate and admired for your personal qualities.

4.64* Brown/Yellow

The existing situation is disagreeable. You feel lonely and uncertain as you have an unsatisfied need to ally yourself with others whose standards are as high as your own, and want to stand out from the rank and file. This sense of isolation magnifies the need into a compelling urge, all the more upsetting to your self-sufficiency because of the restraint you normally impose on yourself. Since you want to demonstrate the unique quality of your own character, you try to suppress this need for others and affect an attitude of unconcerned self-reliance to conceal your fear of inadequacy, treating those who criticise your behaviour with contempt. However, beneath this assumption of indifference you really long for the approval and esteem of others.

4.65 Brown/Violet

You are sensitive and susceptible to gentleness and delicacy of feeling, with a desire to blend into some sort of mystic fusion of erotic harmony. However, this desire remains unsatisfied due to the lack of a suitable partner or adverse conditions, and you keep a strict and watchful control on your emotional relationships as you need to know precisely where you stand. You are fastidious, aesthetic and have a cultured taste which allows you to form and express your own taste and judgment, especially in the fields of art and artistic creativity. You strive to ally with others who can assist you in your intellectual or artistic growth.

4.67 Brown/Black

You want freedom to follow your own convictions and principles, to achieve respect as an individual in your own right. You desire to avail yourself of every possible opportunity without having to submit to limitations or restrictions.

4.70 Black/Grey

You want to overcome a feeling of emptiness and of separation from others. You believe that life still has far more to offer and that you may miss your share of experiences if you fail to make the best use of every opportunity. You therefore pursue your objectives with a fierce intensity and commit yourself deeply and readily. You feel yourself to be completely competent in any field in which you engage and can sometimes be considered by others to be interfering or meddlesome.

4.71* Black/Blue

An existing situation or relationship is unsatisfactory, but you feel unable to improve it without willing co-operation. You are unwilling to expose your vulnerability and therefore consider it inadvisable to display affection or be over-demonstrative. You regard the relationship as a depressing tie but, although you want to be independent and unhampered, you do not want to risk losing anything. All this leads you to react touchily and with impatience, while the urge to "get away from it all" results in considerable restlessness. Your ability to concentrate may suffer.

4.72* Black/Green

You seek independence and freedom from any restriction and therefore avoid obligations or anything which might prove hampering. You are being subjected to considerable pressure and want to escape from it so that you can obtain what you need, but tend to lack the necessary strength of purpose to succeed in this.

4.73** Black/Red

You feel trapped in a disagreeable situation and powerless to remedy it. You feel angry and disgruntled as you doubt that you will be able to achieve your goals and frustrated almost to the point of nervous prostration. You want to get away, feel less restricted and free to make your own decisions.

4.74* Black/Yellow

Unfulfilled hopes have led to uncertainty and a tense watchfulness. You insist on freedom of action and resent any form of control other than that which is self-imposed. You are unwilling to go without or relinquish anything and demand security as a protection against any further setbacks or loss of position and prestige. You doubt that things will be any better in the future

and this negative attitude leads you to exaggerate your claims and refuse reasonable compromises.

4.75 Black/Violet

You are sensitive and impressionable and prone to absorbing enthusiasms. You seek an idealised - but so far unfulfilled - situation in which you can share with another a complete accord and mutual depth of understanding. You feel there is a risk of being exploited if you are too ready to trust others and therefore demand proof of their sincerity. You need to know exactly where you stand in your relationships.

4.76 Black/Brown

You resist any form of pressure from others and insist on your independence as an individual. You want to make up your own mind without interference, to draw your own conclusions and arrive at your own decisions. You detest uniformity and mediocrity. As you want to be regarded as one who gives authoritative opinions, you find it difficult to admit to being wrong, while at times you are reluctant to accept or understand another's point of view.

Fifth Pair

5.01** Grey/Blue

Anxiety and restless dissatisfaction, either with circumstances or with unfulfilled emotional requirements, have produced tension and stress. Your attempt to escape from these consists of creating at least an outward semblance of peace by refusing to allow yourself to be involved.

5.02** Grey/Green

Failure to establish yourself in a manner consonant with your own high opinion of your worth, combined with the continued effort to prove yourself with inadequate resources have resulted in considerable stress. You try to escape from these excessive demands on your meagre reserves by adopting a defensive attitude in which you refuse to be committed, or to be involved in further unpleasantness.

5.03** Grey/Red

- Depleted vitality has created an intolerance for any further stimulation, or demands on your resources. A feeling of powerlessness subjects you to agitation, irritation and acute distress from which you try to escape by refusing further direct participation. You confine yourself to a cautious approach and a concealed determination to get your own way in the end.
- 5.04** Grey/Yellow
- Disappointment at the non-fulfilment of your hopes and the fear that to formulate fresh goals will only lead to further setbacks have resulted in considerable anxiety. You try to escape from this by withdrawing and protecting yourself with an attitude of cautious reserve. Moody and depressed.
- 5.05 Grey/Violet
- You need to protect yourself against your tendency to be too trusting, as you find it is liable to be misunderstood or exploited by others. As a result, you adopt a critical and stand-offish attitude, being willing to participate only where you can be assured of sincerity and trustworthiness.
- 5.06 Grey/Brown
- The unsatisfied desire to be respected, to stand out from amongst your fellows, is causing some anxiety. As a result, normal gregariousness is suppressed and you refuse to allow yourself to become involved or to participate with others in their ordinary activities.
- 5.07 Grey/Black
- You fear that your independence will be threatened or severely restricted unless you protect yourself from any outside influence. You do not want to be bothered.
- 5.10 Blue/Grey
- You need to achieve a stable and peaceful condition, enabling you to free yourself of the worry that you may be prevented from achieving all the things you want.
- 5.12* Blue/Green
- The tensions and stresses induced by trying to cope with conditions which are really beyond your capabilities or reserves of strength have led to considerable anxiety, and a sense of

- personal (but unadmitted) inadequacy. You seek to escape into a more peaceful and problem-free situation, in which you will no longer have to assert yourself or contend with so much pressure.
- 5.13* Blue/Red
- Depleted vitality has created an intolerance for any further stimulation, or demands on your resources. A feeling of powerlessness subjects you to agitation, and acute distress. You try to escape from this by relinquishing the struggle, and by finding peaceful and restful conditions in which to recuperate in an atmosphere of affection and security.
- 5.14* Blue/Yellow
- Disappointment at the non-fulfilment of your hopes and the fear that to formulate fresh goals will only lead to further setbacks have resulted in considerable anxiety. You try to escape from this into a peaceful and harmonious relationship, protecting you from dissatisfaction and lack of appreciation.
- 5.15 Blue/Violet
- You need to protect yourself against a tendency to be too trusting, as you find it is liable to be misunderstood or exploited by others. You are therefore seeking a relationship providing peaceful and understanding intimacy, and in which each knows exactly where the other stands.
- 5.16 Blue/Brown
- You want to be valued and respected, and seek this from a close and peaceful association of mutual esteem.
- 5.17 Blue/Black
- You do not wish to be involved in differences of opinion, contention or argument, preferring to be left in peace.
- 5.20 Green/Grey
- You feel afraid that you may be prevented from achieving the things you want and therefore demand that others should recognise your right to them.

5.21* Green/Blue

Anxiety and restless dissatisfaction, either with your circumstances or with unfulfilled emotional demands, have produced stress. You try to escape from these by denying their existence, concealing your dissatisfaction behind a proud but illusory claim to self-sufficiency and independence.

5.23* Green/Red

Depleted vitality has created an intolerance for any further stimulation, or demands on your resources. A feeling of powerlessness, combined with frustration that you cannot control events, subjects you to agitation, irritation and acute distress. You try to escape from these by stubborn insistence on your own point of view, but the general condition of helplessness renders this often unsuccessful. You are therefore very sensitive to criticism and quick to take offence.

5.24* Green/Yellow

Disappointment and the fear that there is no point in formulating fresh goals have led to anxiety. You desire recognition and position, but are worried about your prospects. You react to this by protesting at any criticism and resisting any attempt to influence you. You try to assert yourself by meticulous control of detail in an effort to strengthen your position.

5.25 Green/Violet

You work to strengthen your position and bolster your self-esteem by examining your own accomplishments (and those of others) with critical appraisal and scientific discrimination. You insist on having things clear-cut and unequivocal.

5.26 Green/Brown

You need to be valued and respected as an exceptional individual in order to increase your self-esteem and your feeling of personal worth. You resist mediocrity and set yourself high standards.

5.27 Green/Black

You strongly resist outside influence and any interference with your freedom to make your own decisions and plans. You work to establish and strengthen your own position.

- 5.30 Red/Grey
- The fear that you may be prevented from achieving the things you want leads you to play your part with an urgent and hectic intensity.
- 5.31* Red/Blue
- Anxiety and a restless dissatisfaction, either with circumstances or with unfulfilled emotional needs, have produced stress. You try to escape by intense activity, directed either towards personal success or towards variety of experience.
- 5.32* Red/Green
- The tensions induced by trying to cope with conditions which are really beyond your capabilities, or your reserves of strength, have led to considerable anxiety and to a sense of personal (but unadmitted) inadequacy. You attempt to remedy this by intense activity and by insistence on getting your own way. Faulty self-control can lead to ungovernable displays of anger.
- 5.34* Red/Yellow
- Disappointment and the fear that there is no point in formulating fresh goals have led to stress and anxiety. You want congenial contact with others and scope for development, but feel that your relationships are empty and your progress impeded. You react with an intense and zealous activity designed to achieve your aims at all costs.
- 5.35 Red/Violet
- You want to act freely and uninhibitedly, but are restrained by your need to have things on a rational, consistent and clearly-defined basis.
- 5.36 Red/Brown
- You take a delight in action and want to be respected and esteemed for your personal accomplishments.
- 5.37 Red/Black

- You fight against restriction or limitation, and insist on developing freely as a result of your own efforts.
- 5.40 Yellow/Grey
- The fear that you might be prevented from achieving the things you want leads you into a restless search for satisfaction in the pursuit of illusory or meaningless activities.
- 5.41** Yellow/Blue
- Anxiety and restless dissatisfaction, either with your circumstances or with unfulfilled emotional needs, have produced stress. You feel misunderstood, disorientated and unsettled. This drives you into a search for new conditions or relationships, in the hope that these might offer greater contentment and peace of mind.
- 5.42** Yellow/Green
- The tensions induced by trying to cope with conditions which are really beyond your capabilities, or reserves of strength, have led to considerable anxiety and a sense of personal (but unadmitted) inadequacy. You react by seeking outside confirmation of your ability and value in order to bolster your self-esteem. You are inclined to blame others so that you may shift the blame from yourself. You are anxiously searching for solutions and prone to compulsive inhibitions and compulsive desires.
- 5.43** Yellow/Red
- Agitation, unpredictability and irritation accompanying depleted vitality and intolerance of further demands have all placed you in a position in which you feel menaced by your circumstances. You are feeling powerless to remedy this by any action of your own. You are desperately hoping that some solution will provide a way of escape.
- 5.45 Yellow/Violet
- Intensely critical of the existing conditions which you feel are disorganised or insufficiently clear-cut. You are therefore seeking some solution which will clarify the situation and introduce a more acceptable degree of order and method.
- 5.46 Yellow/Brown

- You feel insufficiently valued in your existing situation, and are seeking different conditions in which you will have greater opportunity of demonstrating your worth.
- 5.47 Yellow/Black
- You feel restricted and prevented from progressing. You are seeking a solution which will remove these limitations.
- 5.50 Violet/Grey
- You have a fear that you may be prevented from achieving the things you want. This leads you to employ great personal charm in your dealings with others, hoping that this will make it easier for you to reach your objectives.
- 5.51* Violet/Blue
- Anxiety and restless dissatisfaction, either with your circumstances or with unfulfilled emotional needs, have produced considerable stress. You try to escape into an idealised atmosphere of sympathy and understanding, or into a substitute environment of aestheticism and beauty.
- 5.52* Violet/Green
- The tensions induced by trying to cope with conditions which are really beyond your capabilities, or reserves of strength, have led to considerable anxiety and a sense of personal (but unadmitted) inadequacy. You attempt to escape from this into a substitute world in which things are more nearly as you desire them to be.
- 5.53* Violet/Red
- Depleted vitality has created an intolerance for any further stimulation, or demands on your resources. This feeling of powerlessness subjects you to agitation and acute distress. You attempt to escape from this into an illusory substitute world in which things are more nearly as you desire them to be.
- 5.54* Violet/Yellow
- Disappointment and the fear that there is no point in formulating fresh goals have led to anxiety, and you are distressed by the lack of any close and understanding relationship. You

attempt to escape into a substitute world in which these disappointments are submerged and things are more nearly as you desire them to be.

5.56 Violet/Brown

Greatly impressed by the unique, by originality and by individuals of outstanding characteristics. You try to emulate the characteristics you admire and to display originality in your own personality.

5.57 Violet/Black

You seek to avoid criticism and to prevent restriction of your freedom to act, and to decide for yourself by the exercise of great personal charm in your dealings with others.

5.60 Brown/Grey

The fear that you may be prevented from achieving the things you want increases your need for security and freedom from conflict. You are therefore seeking stability and an environment in which you can relax.

5.61** Brown/Blue

Anxiety and a restless dissatisfaction, either with circumstances or with unfulfilled emotional needs, have produced considerable stress. You try to escape from these into a conflict-free security in which you can relax and recover.

5.62** Brown/Green

The tensions induced by trying to cope with conditions which are really beyond your capabilities, or reserves of strength, have led to considerable anxiety and a sense of personal (but unadmitted) inadequacy. You attempt to escape from this into a stable and secure environment in which you can relax and recover, free from any further demands on you.

5.63** Brown/Red

Depleted vitality has created an intolerance for any further stimulation, or demands on your resources. This sense of powerlessness subjects you to agitation and acute distress. You attempt to escape into a stable and secure environment in which you can relax and recover.

5.64** Brown/Yellow

Disappointment and the fear that there is no point in formulating fresh goals have led to anxiety, and you are distressed by the lack of any close and understanding relationship or adequate appreciation. You attempt to escape into a stable and secure environment in which you can relax and feel more contented.

5.65 Brown/Violet

You wish to safeguard yourself against criticism or conflict and to entrench yourself in a stable and secure position - but you are yourself inclined to be critical of others and difficult to please.

5.67 Brown/Black

You seek security and a position in which you will no longer be troubled by demands being made on you.

5.70* Black/Grey

The fear that you may be prevented from achieving the things you want drives you to the exploitation of all types of experience, so that you may categorically deny that any of them has any value. This destructive denigration becomes your method of concealing hopelessness and a profound sense of futility.

5.71** Black/Blue

Anxiety and a restless dissatisfaction, either with circumstances or with unfulfilled emotional needs, have produced considerable stress. You react by putting this down to a total lack of understanding on the part of others, and by adopting a scornful and defiant attitude.

5.72** Black/Green

The tensions induced by trying to cope with conditions which are really beyond your capabilities, or reserves or strength, have led to considerable anxiety and a sense of personal (but unadmitted) inadequacy. Your inability to enforce your will causes you to over-react in stubborn defiance and by assigning to others all the blame for your own failures.

5.73** Black/Red

Depleted vitality has created an intolerance for any further stimulation, or demands on your resources. This feeling of powerlessness subjects you to agitation and acute distress. You react by considering that you have been victimised, and insist - with indignation, resentment and defiance - on being given your own way.

5.74** Black/Yellow

Disappointment and the fear that there is no point in formulating fresh goals have led to anxiety, emptiness and an unadmitted self-contempt. Your refusal to admit this leads to your adopting a headstrong and defiant attitude.

5.75* Black/Violet

Your natural ability to examine everything with critical discrimination has been distorted into an attitude of harsh disapproval, which opposes and denigrates without regard to the real facts.

5.76* Black/Brown

The need for esteem - for the chance to play some outstanding part and make a name for yourself - has become imperative. You react by insisting on being the centre of attention, and refuse to play an impersonal or minor role.

Conflict Table

“ “ = no conflict or minimal conflict

“* “ = some conflict, not necessarily serious

“** “ = appreciable conflict

“***” = serious conflict

(In all cases, the overall interpretation must be borne in mind.)

First Pair		Second Pair		Third Pair		Fourth Pair		Fifth Pair	
01 *	40 **	01	40	01	40	01 **	40 *	01 **	40
02 *	41 *	02	41	02	41	02 **	41 ***	02 **	41 **
03 *	42 *	03	42	03 *	42	03 **	42 ***	03 **	42 **
04 **	43 *	04	43	04	43 *	04 **	43 ***	04 **	43 **
05 *	45 *	05	45	05	45	05	45 *	05	45
06 **	46 **	06 **	46	06	46	06	46 *	06	46
07 ***	47 ***	07 *	47 *	07	47	07	47 *	07	47
10 *	50 *	10	50	10	50	10 *	50	10	50
12	51	12	51	12	51	12 ***	51 *	12 *	51 *
13	52	13	52	13 *	52	13 ***	52 *	13 *	52 *
14	53	14	53	14	53 *	14 ***	53 **	14 *	53 *
15	54 *	15	54	15	54	15 *	54 *	15	54 *
16 *	56 *	16	56	16	56	16 *	56	16	56
17 **	57 **	17	57	17	57	17 *	57	17	57
20 *	60 **	20	60 *	20	60	20 **	60	20	60
21	61 *	21	61	21	61	21 ***	61 *	21 *	61 **
23	62 *	23	62	23 *	62	23 ***	62 *	23 *	62 **
24	63 *	24	63	24	63 *	24 ***	63 **	24 *	63 **
25	64 **	25	64	25	64	25 *	64 *	25	64 **
26 *	65 *	26	65	26	65	26 *	65	26	65
27 **	67 ***	27	67 *	27	67	27 *	67	27	67
30 *	70 ***	30	70 **	30 *	70	30 **	70	30	70 *
31	71 **	31	71 *	31 *	71	31 ***	71 *	31 *	71 **
32	72 **	32	72 *	32 *	72	32 ***	72 *	32 *	72 **
34	73 **	34	73 *	34 *	73 *	34 ***	73 **	34 *	73 **
35	74 ***	35	74 *	35 *	74	35 **	74 *	35	74 **
36 *	75 **	36	75 *	36 *	75	36 *	75	36	75 *
37 **	76 ***	37 *	76 **	37 *	76	37 *	76	37	76 *

Colour Card Analysis Worksheet

copy and paste this into an email.

Name:

Selection:

FIRST PAIR

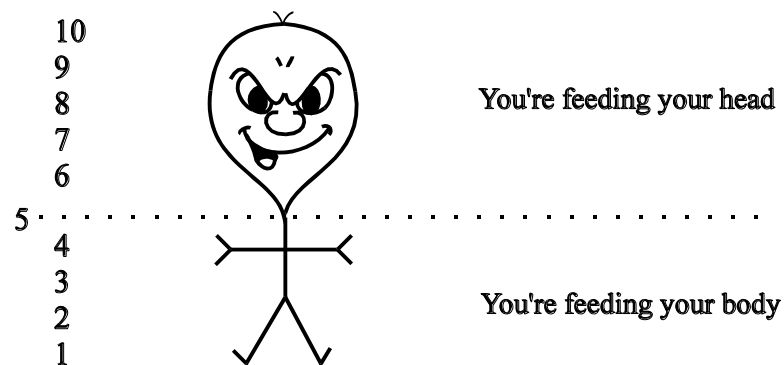
SECOND PAIR

THIRD PAIR

FOURTH PAIR

FIFTH PAIR

THE HUNGER SCALE



- 10 This is Christmas Day full, when you have to roll yourself to the couch after dinner and all you can do is sleep. You didn't realise you were eating that much, and now you wish they would cut it out of you. You hurt for hours and swear you won't eat for a week.
- 9 Your body is screaming, "Get me out of here!" and the pain is setting in. It's absolutely no fun any more. You feel as if they're going to have to put you on a truck and haul you away.
- 8 You're more than full, and it's starting to hurt. You almost wish you hadn't had that second helping.
- 7 You're becoming uncomfortable. You're starting to feel as if your stomach has stretched a few inches. The bloat is starting to creep up on you.
- 6 You're past being satisfied but you could eat more. You could force down another three bites even though your body no longer wants anything.

- 5.1 You've put more food into your body than it needs.
- 5 You aren't hungry any more. Your body has had what it needs and is satisfied. This is where naturally thin people stop eating.
- 4.9 Your hunger has almost totally disappeared. You're just a couple of mouthfuls from satisfaction.
- 4 You're only a little hungry. Your body is sending messages that you might want to eat.
- 3 You could definitely eat, but you're not on the verge of collapse. The urge to eat is strong.
- 2 You're still very hungry, but you could probably stagger to the dinner table. You're irritated and cranky.
- 1 You're wobbly and dizzy. You can hardly think. The petrol gauge isn't just nearing "Empty", the car has already stopped. There's absolutely nothing in there. Most people have to go at least a day without food to get close to a 1.

WEIGHT ANALYSIS

Preparing information to send to client.

Copy and paste all the YES's onto the last page and either email, or print and provide.

Reasons for Eating

1. You are not the most confident of people. You feel insecure at times. Perhaps a tendency to take things too personally.
2. You love the good things of life - perhaps too much so. Maybe a fear of being deprived makes you aware of every opportunity that comes your way.
3. You need recognition. But if no-one gives it to you, you give it to yourself
4. Someone, perhaps your parents, worked hard to instil a conscience in you. It worked well. Even now you watch your own behaviour and feel guilty when you feel those rules have been broken.
5. You often feel that you are being watched and all your slip-ups noticed.
6. You are aware of how this cruel world tries to take everything away from you, and this drives you to seize every opportunity and get from it what you can
7. You are too easily diverted. You may start off with the best of intentions, but you often get side-tracked, and this makes goals difficult to achieve
8. There is a strong habitual content in your weight problem. You have made some very strong associations which need to be broken

9. There was probably a period in your life, perhaps way back, when you had to go without, either physically or emotionally, and it left some scars. You don't want to go through that again, so you try to defend against it by overeating.
10. The love of those close to you is very precious to you. So much so, that you would rather hurt yourself than hurt them.
11. You have a restless spirit. You want to go everywhere, and do everything. The only trouble is, you know you can't, and this leads to frustration.
12. You want to be healthy. The only thing is that the stories you have heard about people who are supposed to know about these things have made you too sensitive. They are not ALL right, you know.
13. You either don't trust your own ability to prepare properly for something, or don't like to be dependent on other people. You feel that you must try to cover every avenue yourself. It's safer that way.
14. You feel manipulated by your environment. You have to follow the signals that your environment gives you. You feel you need permission.
15. Losing that weight is not really your true goal, or your attitudes towards it are very negative. You are looking at it as an exercise in deprivation, and have convinced yourself that it is something you would rather not do.
16. You are your own worst enemy. You try to use willpower to achieve your goal, but give in to the law of reversed effort. That's why it never seems to work.
17. You are hiding behind a facade. You do not show your real self to people. There are two reasons for this. Firstly, guilt, because you know you are doing wrong. Secondly, resentment, because it's their attitudes that make you hide in the first place.

18. You are aware of a vacuum inside yourself. You feel unhappy, unfulfilled. You keep trying, but somehow it never seems to come
19. Handed-down information is not always right, you know, particularly when it concerns matters of health. When nothing in particular is happening in your body, it doesn't mean it's healthy. It means it's dead!
20. You are the product of an over-strict upbringing. It has left you feeling resentful, and aware of any form of manipulation.
21. You have an "automatic pilot" which is triggered by associations rather than by need. This is so automatic that you are often unaware of the actions you are performing.
22. You need more in the way of interests and activities that are personal to you. You may be a busy person, but you are busy through circumstances. It's having nothing to do or think about that makes you bored and listless in the first place. You need some time for yourself.
23. Your confidence needs building up. You feel far too anxious and tense, and this only adds to the worries you already have.
24. You have pride in your interests or achievements, which is good, but rather than dominating them, you let them dominate you.
25. You have an ambivalent attitude towards special occasions like Christmas. You look forward to them, but you dread them at the same time. You don't trust yourself to maintain control at these times.
26. Anxiety, tension and nervousness. You feel that balance is hard to achieve in a weakened state.
27. You are too much of a creature of habit. Your need for routine is dominating your life too much.

28. Habits can be skills learnt through associations made between two things. In your case, a desire for orderliness tends to make you dominated by the time of day
 29. Your sense of right and wrong is too highly developed. You often blame yourself when there is no guilt. Sure, you know you are not perfect, but neither is anyone else!
 30. Admit it or not, relationships are important to you. You want any relationship you have to succeed. When it fails, it hurts. When it succeeds, it takes effort to make that success continue.
-

Reasons for Losing Weight

1. Your current self-image is not good. It distresses you to compare how you could be with how you are.
2. Special occasions are important to you. You want to look your best, not just for their sake, but for yours too.
3. You need a partner, but have the idea that physical appearance is what gets one. It may be a first step, but it's the personality that's important.
4. Yes, you're right. Your life shouldn't be dominated by diet. But diet shouldn't be a hobby either.
5. Advertising that you're on a diet often promotes sympathy from others. But to be on the receiving end of this is not a pleasant thing, and there are better ways.
6. You are aware of the importance of first impressions, and this is a good thing. However, your impression of yourself is also important.
7. As regards clothing, if you are overweight, you will already have a wardrobe full of clothes that no longer fit. If you lose weight, they will fit again, so there is no immediate expense involved.

8. Summertime is hide-in-the-corner time! But wouldn't it be nice if, just for once, you didn't have to do that?
9. If you do lose the weight, life may not exactly be "wonderful", but it's got to be an improvement on the way you feel now.
10. The fact that losing weight means an increase in confidence means that you don't feel very confident now. Perhaps a boost to your confidence may help you to lose the weight.
11. Yes, your weight has been a long-standing problem with you, but when it comes down to it, you don't have to prove anything to anyone. Trying to prove something only makes it more difficult.
12. You look at losing weight as involving a deprivation which you can undo when it's over. But to be successful and maintain that success you need to accept that thin people do not think as you do now.
13. There is no doubt about it, losing weight WILL improve your health. Carrying that weight around wherever you go slows you down and adds to your depression.
14. The people who nag you haven't got your problems. They don't understand, and they are tactless. But you need to be aware of the fact that they will continue nagging all the time you are losing weight. It's just the way they are.
15. It's no good thinking about losing the weight if you only intend to put it all back on again. Your first step is to get rid of those fantasies about the future and concentrate on the present.
16. Knowing how you could be and knowing how you are can be very depressing. But "how you could be" IS possible. You CAN do it.
17. If you're worried about what the doctor thinks, then you already know you should do something about that weight, don't you?

18. Your current relationship is a good one. So good that you want to make it a success. Don't worry. You can do it.
 19. Your interest in sports could even help you in losing weight, if you don't do anything that will undo the good work
 20. Losing weight does have a rejuvenating effect, but it's not all in the body - it's in the mind too. Happy people look younger!
-

Reasons for Keeping the Weight

1. It's not a question of whether people like you the way you are. It's a question of whether YOU like you the way you are. Are you really happy with that extra weight?
2. Let's make a distinction here. DIETING is not easy and is not successful. Losing weight CAN be easy, and successful, without even using a diet.
3. No real friend would leave you because of an improved physical appeal. True friends are more interested in your MIND.
4. Losing weight only seems hopeless when it all comes back. But it should not be a question of continually using your willpower to keep it off. If it's done the right way, it should stay off naturally.
5. If you ate less because you needed less, and were happy about it, then you wouldn't spend as much on food, which means you would save money. So there would be some in the kitty to put towards a new wardrobe.
6. If your time is dominated by food, then it shows how conscious you are about your weight. It is that pre-occupation which prevents you from pursuing other interests. You will soon find other things to fill your time with.

7. If you really feel that being slim might cause you to do something to upset your relationship, then the problem is not really the weight, is it?
8. You hide behind your weight too much. You are a person in your own right. There's nothing wrong with success or with good relationships. In fact, they're rather nice. There's a good feeling attached to achievement.
9. When it comes down to it, you DON'T like yourself the way you are. You only say you do to defend yourself. It's what you really feel that's important, and this is the key to success.
10. The main difference when the weight is gone will be how you feel within yourself. Other things may or may not change, but you will feel so much better, and therefore be able to cope with the other things
11. Yes, when you talk diet you talk discipline. But to talk about losing weight does not mean you have to talk about diet. There are easier ways.
12. Using your weight as a weapon is not really a good idea. Do you really want to use it to intimidate your friends? If it has that effect on would-be muggers, it will also have that effect on those close to you.
13. If losing weight is done sensibly and in the right way, it will not damage your health, it will improve it. If you go on a diet that is inappropriate for you, THAT will damage your health. It's the wrong way to do it.
14. When people reject you, weight has nothing to do with it. You will never be pleasing to everybody, no matter how heavy you are. If someone rejected you because of your weight, it would only show how prejudiced they were. You'd be better off without them.
15. Getting rid of one problem does not mean letting in another one. Problems don't wait for gaps, they accumulate.

16. People who don't like your weight, and say so, are shallow people, to say the least. Instead of hitting back at them, why not treat their remarks with the contempt they deserve?
17. If you don't like your body, it's because of the way it is. If it looked better, you would find things to like about it and would eventually take a pride in it. What's so bad about that?
18. Fat does not protect you from anything. If anything, it makes you more vulnerable. You are aware of it, and feel others are aware of it too. Because of this you open yourself to attack. It is surely not a defence.
19. It is only the commercial world which says "thin is beautiful". There are just as many people who see the fuller figure as beautiful and sexy. Your weight is certainly not a sexual repellant.

Weight Analysis

NAME:

Reasons for Eating

Reasons for Losing Weight

Reasons for Keeping the Weight

WEIGHT QUESTIONNAIRE

REASONS FOR EATING

1. Sometimes there's nothing in the world so comforting as eating. It doesn't get cross with you. It doesn't withdraw its love. If something upsetting happens or you have a problem with relationships, or even if you just feel depressed for no reason, eating will ease the pain, whether it's physical or emotional.

2. You love the taste of good food. That finely honed palate is always on the prowl. What if you miss eating something? It may be your last chance.

3. You were so good today that you deserve to eat. You worked so hard, did such a good job, at the office or with the children. God knows, it's time you did something for yourself. You have to reward yourself when you're good, don't you?

Maybe you've stuck to your diet all day long and now it's 9.00 p.m.. Surely you deserve a reward for that.

OR you've overcome some great trial, weathered some storm. Your car battery was dead this morning and you had to have it recharged. That ought to be worth at least a couple of Mars bars.

OR you spent your whole lunch hour talking to a friend who was depressed. Even saints have to keep their strength up.

OR after all, you cooked it. Who has a better right to eat it?

4. "Don't you dare leave food on your plate when there are starving children in the world." You've heard it since you were two years old. It's a tape that plays in almost everyone's mind, consciously or subconsciously. You're not only selfish and spoiled, you threaten world peace and prosperity if you don't eat that last bite.

A variation of this is the Clean Plate Club. Only those who clear their plates are allowed to get up from the table or have dessert. The rest have to sit there until they stuff every last piece of food on the plate into their overfed bodies.

When you can't leave anything on the plate now, you're probably not thinking about the starving children or the Clean Plate Club, but the rule is still in your mind. An empty plate is good, you believe, and it's bad to throw anything away.

5. This is very similar. It comes from those bits of wisdom handed down to us at the dinner table like "Take all you want, but eat all you take." The person who said it may not be standing over you any more, but the rule remains.

6. Someone else is paying for it, so why not? You might as well have the soup AND the salad AND the dessert. You don't get taken out to dinner every day, so you should get as much out of it as you can.

OR you've found this wonderful little market or restaurant where the prices are so low you can't resist. Who can pass up such a bargain? Take the éclair. It's a steal. Take three! It's cheaper than ONE at the other place.

OR the place down the road has an "all you can eat" night on Wednesdays. You didn't want to go but someone dragged you there. As long as you paid the whole price, you have to get more than your money's worth. Of course, to do that, you'll have to have three or four helpings.

OR it's free. Free samples in the supermarket. Cakes and goodies at a party or the free meal on the aeroplane. It doesn't matter. If it's free, you've got to take it. Nothing's free anymore so see how much you can eat.

7. Sometimes when you have a project to do, you lay out all the materials and then decide you want something to eat. The next thing you know, you're drifting towards the kitchen. Some people stare into space. Others bite their nails or watch TV. You eat!

8. You never watch TV without eating and never eat dinner without watching TV. You hardly ever use the table in your kitchen or dining room. You use a tray in front of the TV. The two things, TV and eating, are firmly locked together. In fact, if the TV breaks down, you lose weight.

Sometimes it becomes such a fine art that there are certain foods for certain programmes. Pasta with Tomorrow's World and chocolate biscuits with News at Ten.

9. Get it now, because if you don't, someone else will. This is your last chance, you might not eat again for days. There will never be another strawberry shortcake like this one. You'd better have it while you can.

10. Your friend insisted you try the speciality at his favourite restaurant or you don't want to offend your hostess by not finishing dinner. It would be impolite to refuse a second helping, wouldn't it? You can't say no to people. You don't want to be rude. It's more important to be liked or get approval than to be thin.

You were going to go right home after the concert but they insist you stop for a pizza. And then they tell you they're too full to eat the last piece so you have to finish it off.

OR you go home and your mother has laid out enough food to cater for the Thirty Years war. She made it all for you and you can't hurt her feelings by not eating it.

11. You're away from home and you may never get back to that great little restaurant in Weymouth. You eat as though you were collecting souvenirs, except when you get home you can't put them on the mantelpiece - you've already put them on your hips! Sometimes when you're away, you feel like a giant worm, eating your way from place to place.

12. You're bigger, so you need to eat more, right? If you don't, you'll become undernourished. You'll be ill and have to go to hospital. Then you'll become anorexic.

"Feed a fever, starve a cold." Or is it the other way round? Best be safe - feed them both.

If you stop eating you'll start smoking again. Better to gain a few pounds than to die of lung cancer.

"I only ate junk food today so I'd better eat something nutritious to balance it out."

13. If you don't eat now, you may get hungry later. And who knows if they'll be anything to eat later? You'd better have another helping just in case.

14. Eating divides up the day. It gives you permission to do what's next. Coffee and rolls means you're halfway to lunch. Lunch means you're halfway through the day. Dinner means that work is over and you can relax and get on to your personal or social time. Eating can be a way of letting you know it's OK to go on to the next part of the day.

15. Next Monday, you're going to start the new diet and make it work this time, even if you die in the process. It's Sunday night, the condemned person's last meal. What does it matter? You'll be taking it off anyway, or you'll be dead, so what difference does it make? Eat up all the temptations. Think of how good you're going to be tomorrow morning.

OR you've just come off a diet. You've spent a whole week picking at grapefruit and hard-boiled eggs and now the thought of them makes you sick. Maybe you even lost a few pounds. You have a little leeway now and besides, you'll never go back to eating the way you used to. Why not have just a LITTLE forbidden fruit to prove you can do it. You certainly deserve it.

16. You need to keep your strength up if you're going to exercise. You'll probably faint in the gym if you don't have something to eat. Anyway, it'll all come off when you workout.

After you exercise, you feel good. You burned off all those calories and you deserve something to eat.

17. You eat for no better reason than that no-one's watching. Most of the day there are people around. They're always watching you, probably adding up all the things you are eating and shaking their heads. Well, they aren't around now - you hit the kitchen!

OR you go out with friends and have nothing but a salad. You're watching your weight after all, and they're watching you. They admire you and praise you for having such willpower. That's great - but when you get home you can't wait to get to the kitchen.

18. You have spent years looking for something that will really satisfy you. You can't seem to get what you want from your job or your relationship, so the best place to look for it is in the fridge. Every day you open the fridge door and stare at the shelves, looking for something that will make you happy. As you search through the shelves, you are continually popping things into your mouth.

19. You have funny feelings in your stomach and it starts to rumble. Your mother told you those were hunger pains and so you think "I'd better eat something quick".

OR you realise that food expands the stomach. When it shrinks back down to normal, it makes those noises and has those feelings. It's healthy and it feels good. Great! It's shrinking! See how much you can stuff into it.

20. When we were children, our parents had a lot of control over what we ate. Sometimes that made us cross and we unconsciously adopted the point of view "When I grow up and have my own money, I'm going to eat everything they wouldn't let me have." We spend the rest of our lives proving that no-one can tell us what not to eat.

21. There are certain times, places and situations in which you just eat as if part of you were an automatic eating machine. Each time you go to a cinema, you head straight for the popcorn. The first bite is wonderful. The second bite is good too. But after that you go unconscious and the next thing you know your hand is at the bottom of the bag. Most of us eat unconsciously 95% of the time.

22. You have time on your hands - what are you supposed to do with it except eat? It takes time to eat after all. You have to think about what you want, go to the shops to buy it, spend time preparing it and finally you get to eat it. Then you have to wash up and put everything away. You can spend four to six hours a day repeating this ritual. It is a way to fill your time. It works in reverse too. You don't have enough time so you'd better shove it all in while you can. Or you have so little time for yourself that you should do whatever you want to do, and what's more fun than eating.

23. Things aren't going well at all. You're tense and anxious. You don't know exactly what it is, but something is wrong. What's the quickest, easiest way to stuff down those feelings? Eat.

OR this is a time in your life that is upsetting. Maybe you're going through a divorce, or the pressure is on at work, or you've had a personal crisis. Instead of really experiencing the emotions you're feeling, you push them down with food. The problem of course, is that they always come back, just as big, or bigger than they were before because you haven't dealt with them. Maybe one particular situation makes

you nervous - out to dinner with new people or with people you don't really want to be with, at a party or a big business meeting. Any time you want to get rid of anxiety, all you have to do is eat. The only problem is that it always comes back.

24. You love to cook, and you're good at it. It's one of the ways you express yourself. You certainly can't be expected to give that up. And once you've cooked a glorious gourmet dinner, you can't be expected to throw it in the dustbin either. SOMEONE has to eat it, yes? It might as well be you.

OR you're into exploring new foods. It's part of your adventurous spirit, your zest for living, for discovering the finer things of life.

25. It's your birthday party. You're expected to eat. Everyone overeats at parties, even thin people. What would your party be if you didn't eat yourself into a coma and have to lie down after dinner?

Christmas can be even worse because it lasts longer. Birthdays are over in a day but Christmas lasts for weeks. Holiday parties and family get-togethers. Eat, drink and be merry. You don't want to spoil the party for everyone. You don't want to be a wet blanket. And anyway, that's what holidays are for - to celebrate. Who ever tried to lose weight during holidays?

26. You need energy if you're going to face this day, let alone get through it. And at night when you're tired, you have to fortify yourself with more food.

OR you're afraid you'll have too much energy if you don't eat. Eating calms you, soothes you, keeps you on an even keel. If you don't eat, you'll get hyperactive and nervous.

27. You eat certain things at a certain time, or under certain circumstances, and you do it every day, no matter what. If the ritual is to go to the shop for a Mars bar at 3.30, you'll do it even if it's hailing golf balls outside. If you don't eat when the ritual calls for it, you feel cheated.

28. It's 12 noon. Time to go and stand in line with everybody else.

OR it's morning, the most important mealtime of the day. Eat breakfast like a king. Your body needs to be loaded up every morning whether it needs it or not.

29. It might have started with something as simple as getting up late or forgetting to make an important phone call. Or maybe you screamed at the kids or made a mistake at work, or just don't feel good about yourself that day. How do you deal with guilt? Eat. Now you can feel guilty about eating too. You've blown it already so why not sit down for a double helping at dinner?

30. Whether you're falling into it or out of it, love can lead to eating. If you're falling OUT of love, it's the end of a relationship. You're unhappy, anxious, upset, confused and hurt. You yearn for the comfort and temporary quiet that food can give you. It's not a happy time and all you want to do is go unconscious. Besides, now that it's over, who cares whether you look good or not.

If you're falling IN love, it's a happy and exciting time. It brings new feelings, including its own set of anxieties. Even though you've longed to have those feelings, they can be unfamiliar and disconcerting. One sure-fire way to tone them down is to eat.

REASONS FOR LOSING WEIGHT

1. To look better. No denying it - you would be more attractive without the weight. Maybe you're not so bad now, but without those pounds, you would look wonderful.

2. For the big event. It may be a party, a holiday, a school reunion, a date, going home to visit your family, any occasion where you want to look your best. You plan to lose the weight just before you go so you won't have time to put it back on.

3. Relationships. "I just got divorced and I want to get back to my hunting weight." The only way to attract a partner is to lose weight.

4. Habit. Life is an endless diet. You wouldn't know what to do with yourself if you gave up the quest for thinness. You've always wanted to lose weight and if you stopped trying, just think how bad it would get. You don't even think about going on a diet any more - you just do it as a matter of course.

5. To get attention. When you go out to lunch with friends, you can tell them you're trying to lose weight. They'll feel sorry for you and ask you all about it. "What kind of diet is it? How does it work?" If you didn't have this problem, you might have to spend the whole lunch with nothing to say.

6. To get a job or promotion. You're going to breeze into that office looking like a stick and they will beg you to take the new position.

7. Clothing. The button that popped off last week was the first clue. Time to knock off a few pounds or you won't be able to wear your clothes. You'll have to buy a whole new wardrobe.

OR maybe you want to buy a new wardrobe, but won't spend any money until you lose all the weight.

8. It's summer. Sunbathing. Bikinis. The beach with all those half-naked bodies - including yours. Big sweaters and baggy trousers look out of place in summer.

9. Life is going to be wonderful. You'll finally cross the river into Happyland where all thin people live. Everything over there is great. All will be perfect.

10. To gain self-confidence. When you get thin, the world had better watch out. You'll be a human dynamo. Nothing will be able to stop you. Then you'll be able to go anywhere and get exactly what you want.

11. To prove you can. Whether you're proving it to yourself or other people, someone is going to know that you can do it.

Everyone is beginning to think you can't, after all these years. It was starting to be too much for your pride. You'll show them.

12. To win a bet. A way to get thin and a little richer at the same time!

13. To be healthier. No more worrying about all those diseases and conditions you thought the weight might be fostering. You'll be the perfect specimen of health and just wait till you get back on the tennis court. You'll live to be a hundred.

14. To stop the nagging. You are fed up of that. It would be worth it just to shut people up.

15. To start eating again. You fantasise about how you'll look when you've lost all that weight. And where do you picture yourself? In a restaurant, eating the biggest banana split in the world. When you're thin, you'll be able to eat anything you want without feeling guilty. Pizzas every night and gallons of Coca-Cola. Aahh!

16. To end the misery. Life isn't worth living if you have to live like this. Every day you feel worse about yourself. You hate the way you look and you feel that you're such a slob you don't do anything about it. You'll do anything to stop feeling so miserable.

17. The doctor. Either he's already told you that you have to lose weight, or you have an appointment coming up. You know he's going to make you get on the scales and you can see his eyebrows rising.

18. A special person. This is your big chance. If you blow it with this person, there may never be another. Besides, you want to please him or her. If ever there was a time to do it, it's now.

19. To be better at sport. Having twenty or thirty pounds fewer to lug around might make it easier. You feel so bloated and tired you can't even get started

20. To look younger. When people see a picture of your face, they think you're one age, but when they see a picture of your whole body, they guess fifteen years older. The extra weight is making you look old before your time.

REASONS FOR KEEPING THE WEIGHT

1. You're good, able and attractive enough already. You don't have to lose weight to prove it. If they don't like you the way you are, who needs them?

2. To prove someone wrong. If they've shaken their heads and told you that all you have to do is follow the diet and you'll be thin, then you can prove to them that it's not as easy as they think. You have a far more serious problem here than they imagined and you're going to let them know it.

3. People would leave you. They would be so envious of your beautiful new body that they wouldn't want to have anything to do with you. You'd rather keep the weight on than make them feel uncomfortable.

4. The weight would just come back. Once you lose it, there's no way to keep it off, so why make yourself miserable trying? It's hopeless. You don't have any willpower.

5. Money. You would have to buy a whole new wardrobe. Everything you own would be hanging around your knees. At today's prices, it'll cost a small fortune, and you don't have the money to do that just now. Better wait until you get more money.

6. What would you do with yourself? What would you talk about, worry about, read about, plot about? How would you occupy the time if weight and food were no longer the big issues of your life? What would the new purpose of your life be?

7. If you're married, it's safer to be overweight. What if everyone were after your slender body? You don't want to ruin your present relationship, do you? You might become promiscuous!

8. There would be no more excuses. If you lost the weight, you would have to confront relationships, success, and all those other things on your "after I lose weight" list. Now you can blame the weight for not having those things. Look, you can blame almost anything on weight. It covers a multitude of sins and who wants to lose a great excuse?

9. You like yourself just the way you are. So why change? You'll just get wrinkles and saggy skin.

10. It won't make any difference anyway. You're wise to the ways of the world. You know being thin doesn't mean being happy. What's the point of losing weight and putting yourself through all that agony if everything else is going to be the same?

11. Discipline is hard. What a drag! There are enough problems in life without discipline. Besides, you don't think discipline is exactly your strong point. What if you try and fail again?

12. Feeling rooted and strong. If the weight were gone, they would get you for sure. But people know not to mess around with you. You're someone to reckon with, you can throw your weight around and people take notice.

13. Health. Losing and gaining weight again and again can actually cause health problems. Look at Mario Lanza, the famous opera singer - they say that's what killed him. Better to stay as you are than get back on that roller coaster.

14. You can say people reject you for your weight and not for who you are. It's another great excuse. If someone doesn't like you, or leaves you, you can say they're leaving your overweight body and not the real you.

15. There might be an even bigger problem waiting. The weight problem is familiar, we all know how to handle it - we complain about it! If it were to disappear, there might be an even bigger problem waiting in the wings. Keep the weight around and you keep the other problem waiting for ever.

16. To punish someone. If someone doesn't like you being overweight, they've handed you the perfect weapon. Any time they do something you don't like, you can just head for food.

17. You don't like your body anyway. And you treat it as if you don't like it. Why do something nice for someone you hate? You don't deserve to be thin.

18. You'll become too vulnerable. The armour that protects you will be gone, exposing those tender, sensitive places inside you to everyone. The feelings you've been stuffing down may pop up to the surface and dealing with them would be scary and uncomfortable. Better to keep the weight right where it is.

19. To avoid sex. Sex is something you don't enjoy and would rather do without. Overweight people don't arouse erotic passions in the opposite sex. So there is safety in weight.

Weight Questionnaire Answer Sheet

Name (Please PRINT):

Please tick all items where you have answered "YES"

PART 1:

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Be Thin For A Day Mealtime Procedure

1. As mealtime approaches, check your level of hunger. To do this, feel your stomach and guess what level between 1 (starving) and 5 (your body isn't hungry) you are experiencing.
2. Set the table and prepare your plate as though serving a very special person. Use your favourite china and silverware. Set out flowers and candles, if you like. Turn on soft music (also if you like).
3. Sit down and get ready. Before you start, look at each item of food as though you've never seen it before - study it. Now smell each item. Treat it with respect.
4. Now pick up one of the items with your fork. Study it, smell it, and then put it into your mouth, but before you chew, disconnect the eating machine. Put your fork down on the plate.
5. Before starting to chew, suck on this morsel for a moment. Move it around in your mouth. See if you notice different flavours when it's in different parts of your mouth.
6. Now bite down on the food and chew very slowly.
7. After you've swallowed it, notice the aftertaste in your mouth. Do you like the taste? How would you rate it on a scale of 1 to 10?
8. Now go around the plate, eating one bite of each food in the same manner as you did the first. Rate each item.
9. After you've tasted every item on the plate once, put your fork down, pause for a moment, and look at the food again. Which of the foods were 10s for you, and which were 1s?
10. Check your level of hunger before you continue.

11. Now eat the meal to satisfy your remaining hunger. Eat slowly, smell each bite before putting it into your mouth, and put your fork down before beginning to chew. Eat only the foods that are 8s, 9s or 10s for you.

12. Stop eating for a few minutes, and do something you were told never to do - play with your food. Rearrange it on your plate. Make a design out of it.

13. As you complete the meal, keep checking your level of hunger. If you're not sure whether your body has had enough, give yourself permission to eat three more bites, then stop for a moment, check the hunger level again, and continue.

14. When you've reached a 5 on the hunger scale, put your fork down and stop eating. Pause for a moment to notice what your body is experiencing, then look at what your mind is experiencing. Is the overweight person talking to you? What is he/she saying?

15. Now for the hard bit. Pick up your plate, carry it to the rubbish bin, and discard the remaining food. Say goodbye to the food and thank it for giving itself to you. Notice how you feel about throwing food away instead of stuffing it into your body. OR: Instead of throwing it away, wrap some of it up and save it for later. How does this feel?

16. Now spend about 15 minutes just being with yourself and your experience. If you like, write down your impressions of what eating like a thin person was like for you.

17. Follow the same procedure for each of this day's meals.

18. Just before bedtime, take a moment to reflect on your experience during your thin day.

Congratulate yourself for letting your thin person be in control. Write down any impressions you may wish to remember.