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# Health and Fitness



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By Cory Soal  
R.H.A.D.

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## Colorizing personality can help in understanding relationships

By JANET DUVAL  
Special to The Independent/Free Press

If you're a practical, dependable kind of person who values family, tradition and doing things well, then chances are you're a "solid gold"



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personality type.

Roughly four people in ten are like you, but don't be annoyed if your spouse, children or co-workers fit a different mold.

Sue Grant helped members of the Canadian Federation of University Women determine their "true colors" at their March meeting through a process that she often uses with her students as head of the Adult Education at Georgetown District High School.

Grant herself is a Green personality type, typical of only 15 per cent of the population. Greens are curious, big-picture thinkers who value knowledge and doing things their own way.

"We're always in the minority," says Grant. "It's why we feel different, that we don't fit in."

Blues love to be with other people. Comprising about a third of most groups, they're compassionate, sensitive, caring types who value harmony and integrity. They believe that people are inherently good.

Golds are the organized, efficient types who "love to make a list and check it off." Sometimes they find it easier to do something themselves, impatient with others who do it poorly or not at all.

"They're the backbone of society, the stalwarts, the solid parents" who like to belong to groups and want to help them run smoothly. Two-thirds of the CFUW audience identified themselves as Golds.

Golds abhor wasting time. They're impatient with people who are late or unprepared. "We suffer if we don't have our lists," said one.

Finally there are the Oranges, the free spirits who like spontaneity, risk and excitement. Oranges dislike people who are depressed, pessimistic or intolerant.

"Our greatest frustration is Gold people," joked one Orange, herself a police officer who reported that those in her table group enjoyed "bursts of adrenalin and travel."

About one third of teenagers are Oranges, says Grant.

"I think many unruly youth are Oranges. They suffer from verbal overload." Growing up, and the pressures of adult life,

will change some of them to Golds, but they'll still have that rebel streak. "Or perhaps some adults are just afraid to be Orange."

That has implications for teachers and business leaders, many of whom are Golds by nature. It's why some classrooms work and some don't and why some people rub each other the wrong way.

Blues, for example, like group work and communications, while Greens like to be by themselves. A Blue would suffer emotionally just reading about the Paul Bernardo trial, while a Green would find it an interesting psychological study.

Everyone is a mix of all four colors, notes Grant. The True Colors program is based on the well known Myers-Briggs personality indicator, packaged in a more entertaining self-discovery format.

In assuming four personality types the theory explains fundamental differences in how people learn, think, act, and are motivated. Such typing can be traced right back to Hippocrates who identified people as either Sanguine, Choleric, Phlegmatic, or Melancholic.

You may be frustrated by people who aren't like you, but it's more useful to understand them than to try to change them.

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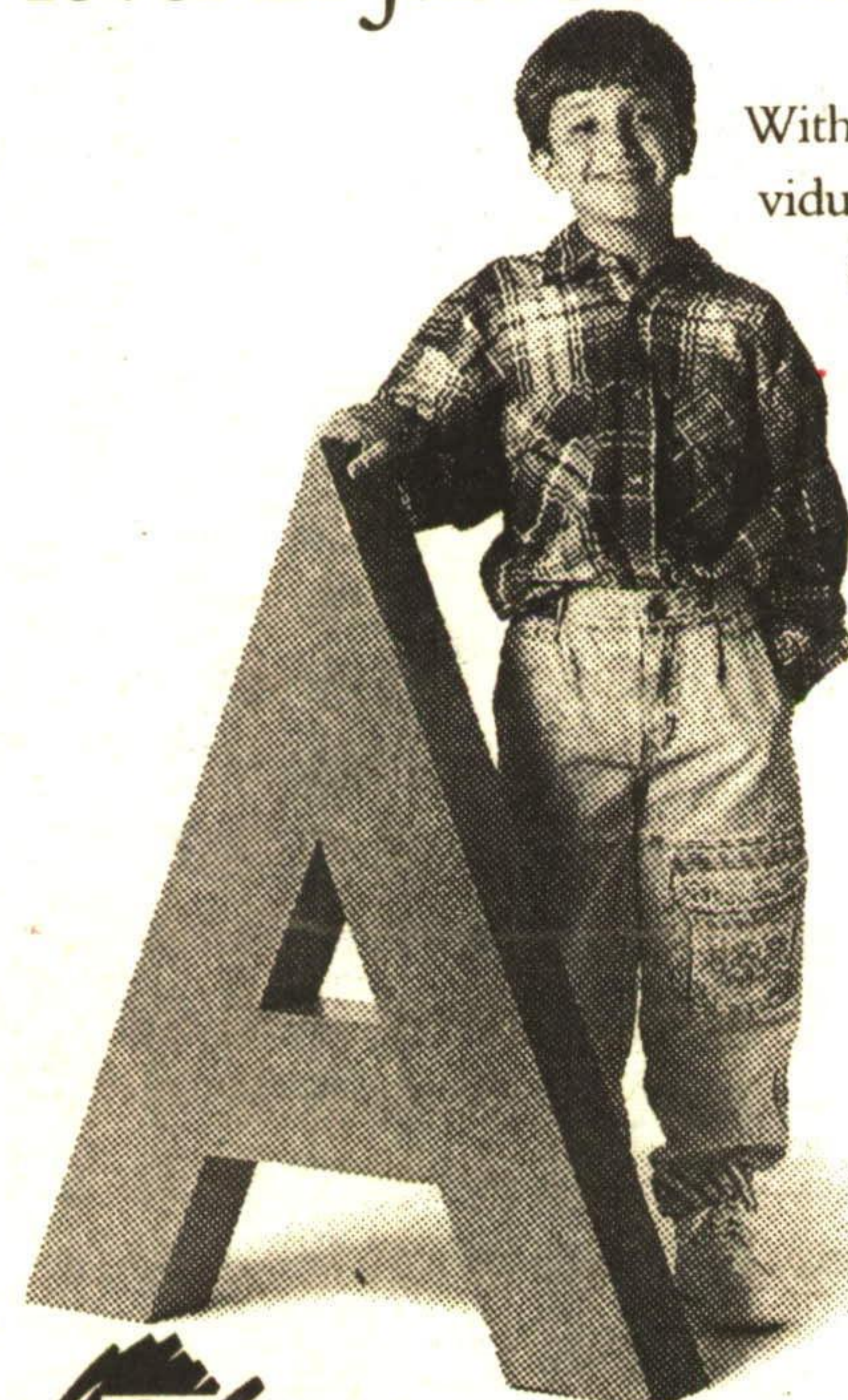
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## Tooth Chatter

by  
**ALEX TRENTON**  
DENTURIST

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