

# What colour is your personality?

**Colour can have a remarkable effect on our behaviour and the way we feel. Now the science of colour is being applied, beautifully and brilliantly, to home decoration.**

How do you choose a new colour scheme for your home, or for just a room? Why is it that you will instinctively like some colours but not others?

UK colour psychologists recently studied colour harmonies and the often unconscious thought processes related to them, and developed a remarkably accurate means of predicting our responses to colour.

It is not one colour that triggers our responses, but a combination of the millions of colours, hues, tones and tints that the human eye can distinguish.

To apply colour psychology successfully it was also recognised that there is a need to match the individual's personality with one of four tonal colour families, each reflecting nature's patterns. Every

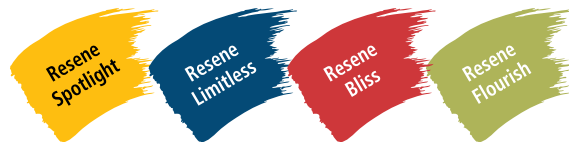
shade can be categorised into one of them, and once this connection has been made colour combinations can be created that will help turn our homes into spaces that reflect and support the personalities of the occupants. Even if very different characters live together in one house, the right colour palette can ease tensions and help create harmony.

## THE FOUR PERSONALITY TYPES AND THEIR TONAL FAMILIES

**SPRING**  
**Personality type:** These people are spirited, energetic, motivated, charming and eternally young. They are never dark or heavy, and usually work in people professions, such as the media, entertainment or care-giving. They have a natural affinity for the young and love the outdoors, and are clever, but not interested in heavy academic debate. On the downside, they can be single-minded, do too many things at once and be superficial.

**Matching colours:** Warm, clear colours, sometimes bright. They need stimulus as well as ease, so their ideal palette will include soft cream, peach or turquoise, as well as brighter scarlets, cobalt or sky blues, and emerald greens and pure yellows.  
Supporting neutral colours include light camel, French

navy and light, warm greys.



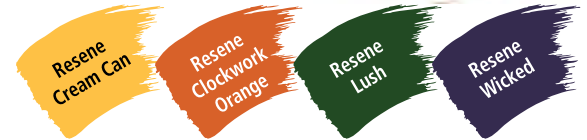
**SUMMER**  
**Personality type:** Cool, calm, collected, gentle and internally motivated. Their humour is subtle and they loathe vulgarity. They enjoy creating order out of chaos and keeping peace, have a great sense of touch and

often have an analytical nature. They make good diplomats, artists, musicians and doctors. On the flipside, they can seem aloof and unfriendly.  
**Matching colours:** Cool and subtle; sometimes dark, but never heavy, such as maroon, raspberry, rose pink, grapefruit and sage green. Good supporting neutrals include taupe, dove grey and cool navy.



**AUTUMN**  
**Personality type:** Externally motivated like summer people, but fiery, intense, strong and possibly flamboyant. They have a rigorous sense of justice and environmental awareness. Attracted to "dig beneath the surface" careers – police officers, psychiatrists, investigative journalists.

**Matching colours:** Preferred colour palette is off-beat, with no pure primary colours. Examples include tomato, burnt orange, olive green, terracotta and aubergine. Supportive neutrals are shades of brown.



**WINTER**  
**Personality type:** Most winter personalities are internally motivated, objective, super-efficient, confident and abhor clutter. They often pursue careers in government, finance, arts, or medical professions. On the negative side they can appear elitist, cold and uncaring.

**Matching colours:** In winter, natural colours are rare; winter personality may wear black all winter and white all summer. Dramatic hues team with black, such as jade green, royal purple and lemon yellow. Supportive neutrals are black, white and clerical grey.



**To check which season is closest to your personality, play the Resene Colour personality game at [www.resene.co.nz/colourpersonality.htm](http://www.resene.co.nz/colourpersonality.htm)**