

## Colorful Reminiscence Exercise from Wiser Now:



When reminiscing with someone, I generally shy away from asking, “What’s your favorite \_\_\_\_\_” because “favorite” implies there is only one right answer, and puts false limits on a conversation that could go in many directions.

This is especially true when we’re talking about colors. You might tell me that your favorite color is yellow, because like daffodils, it’s cheerful and reminds you of spring. But if I don’t ask, “What else?” or “What other colors please you?” I will miss the fact



that you also love the glowing peach sky just as the sun goes down, and the dewy grey color of grass at dawn, just before the sun rises again. And *that* tells me not only some of the colors you like, but their context, i.e., the importance to you of nature and the outdoors.

From there I might go on to indoor colors – reminiscing about the color your room was painted when you were a child (or the room you spent the most time in). Did you have wallpaper? What was the pattern? Did pillows or other items match the walls? And what about now? What room colors are most pleasing to you now?

Are there colors of clothing that particularly appeal to you? Do you feel most attractive or handsome in a certain outfit? Which one?

Do colors affect your mood? Are you blue in a blue room? Or just calm and serene? Are there certain colors that always cheer you? Which ones?

The questions can be quite endless:

- What is your preferred color in a car?
- Do you like wall art that is neutral and subdued or so vibrantly colorful that you can’t take your eyes off it? (Or perhaps something in soft pastels?)
- Are there colorful foods that you especially like?
- Is there a season of the year you especially like for its colors?



And then you might take these personality tests related to colors:

- [http://www.colorconnections.com/colorconnections\\_2007/health.html](http://www.colorconnections.com/colorconnections_2007/health.html)
- <http://www.squidoo.com/colorexpert>