

My Colorful Portrait

Description and Purpose:

To explore and find out the dynamics of one's "color personality" and someone they can relate to.

Background Info:

- Dr. David Keirsey has been refining the work behind the Myers-Briggs Type Indicator (personality test)
- His book *Please Understand Me* says there are four different types of human beings. Each are assigned a color. (In this program, residents take a test and find out what "color" they are.) (A copy is in the Resource Room.)

More Info:

- Keirsey, David and Marilyn Bates. *Please Understand Me*. Del Mar, CA: Prometheus Memisis Book Company, 1984 (ISBN: 0-9696954-0-0)
 - Orange= SP (Dionysian Temperament)
 - Gold= SJ (Epimethean Temperament)
 - Green= NT (Promethean Temperament)
 - Blue= NF (Apollonian Temperament)
- Don Lowry's *True Colors* Communications Group Training Programs, *True Colors* educational products, certification 2875 Sampson Avenue, Corona, CA 91719 (800) 422-4686 (909) 371-3901 Fax (909)371-1701