

THE RED CHALLENGER

Your Personality

Your avoidance of weakness

As a Red Challenger, your avoidance of weakness or being perceived to be weak by others is often what blocks access to your soul. You believe that if you show weakness or others control your environment you will be unhappy. Because of this your weaknesses and negative tendencies relate to the ways you ensure you avoiding being weak – always. When you fear losing control or being weak, your hot temper, comfort with confrontation and penchant for vengeance may cause others to gang-up against you. Because you fear being powerless you set up a hard and intimidating exterior. You avoid being weak, vulnerable, controlled or manipulated. Being mistreated and at the mercy of injustice are among your deepest fears. You resist and defy anything that is imposed upon you. Fearing deprivation, you avoid ever having to go without what you deem essential to your survival. You do everything in your power to avoid being dependent on anyone or anything. You have a distaste for mediocrity and anything that feels contrived. Quick to respond, you can over-react and come on too strong. You can be too much, too intense, and unwilling to self-limit. This can lead to escalating conflict due to an over reliance on your own truth and self-defined justice.

Lying at the centre of your soul map is a word that represents your soul. This is who you are at the deepest level. As you can see, your soul is 'imprisoned' by the other layers on your soul map. By using a creative journaling practice called the R.E.S.T. Practice alongside your soul map you will develop the awareness of how you imprison your soul and page by page set yourself free.

