

THE ORANGE HELPER

Your Personality

Your avoidance of being unlovable

As an Orange Helper you believe that if you are not loved you will be unhappy. Because of this your weaknesses and negative tendencies are related to the ways you ensure you always remain liked. Because of your unconscious fear of being unloved, you will often believe that you are the only one who sees and can give people what they need. This aspect of your personality leads to self-inflation, a form of pride. Though you might not realise it you may give to people with strings attached. When you offer unsolicited advice or give compulsively, others may perceive you as bossy, overly demonstrative or manipulative. In an effort to have your needs met, you may promise more than you can deliver or deliver more than you promise. Unconsciously, you may feel needy and want to be taken care of by others and can become emotional, sullen or overly dramatic, suffering from psychosomatic illnesses. Whilst you are friendly, upbeat and want to be considered a 'special' friend you can get in your own way by over doing your focus on shape shifting to please others. Skilled at going out of your way to notice what is needed you feel motivated when others acknowledge your efforts and express their appreciation.

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.

