

You You You love

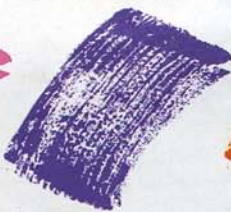
WHAT COLOUR IS YOUR RELATIONSHIP?

Are you in a purple partnership or a red-hot romance?

“Colour strongly affects our mood,” says colour psychologist Andrea Mountford. “This is why we choose to wear and surround ourselves with certain shades. It can also reveal a lot about the emotional state of our relationships.” Spend two minutes focusing on a recent memory of you and your man, then without thinking about it too much, choose the colour that reflects the emotions of that memory. Here’s looking at hue two!



“It might be called Autumnal Sunset No3, but it’s still pink!”



Pink

“This epitomises femininity,” says colour psychologist Angela Wright. “So although you have a loving relationship, you also have a tendency to smother.” Psychologist and relationship expert Dr Victoria Lukats adds, “It’s unhealthy to play games, but try taking a step back and let him come to you. If you’re too available, his desire could wane.” The solution? See your friends at least once a week and let him really miss you.

Indigo

“While yours is a deep and spiritual union, you love to analyse every last detail,” says Wright. “Spending more time thinking about your relationship than having fun together is not a good sign,” adds Dr Lukats. Over-thinking is a person’s way of defending themselves emotionally but it can lead to unnecessary paranoia. You need to switch off and enjoy the moment. Plan a night in and really savour the time you spend with your man.

Orange

“Orange represents warmth and sensuality. Just be careful, as it can also spell frivolity,” says Wright. “People in orange relationships love freedom,” says colour therapist Lilian Verner-Bonds. “But while you both enjoy leading separate lives, you need to dedicate time together as well.” Go on a ‘date’ at least once a week. Putting special time aside will remind you of how much you love being together.

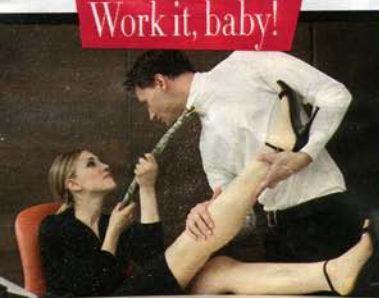
Green

“A green relationship is secure but there might also be a lack of excitement,” warns Wright. “It can be a bit too mundane for some,” says Verner-Bonds. Physical intimacy is the first step to getting back that spark. If sex is low on your list of priorities, surprise him with a quickie when he’s least expecting it. “Even simply touching each other more often will bring back the thrill,” says Dr Lukats.

Red

“Your relationship is passionate and full of fireworks,” says Wright. “And while intense passion can be great, extreme highs are often countered by real lows.” The answer is to de-intensify your relationship. If you argue a lot, work out what triggers this and make an agreement that if things get out of control, you will take ten minutes out – go for a walk separately – to think about why you’re fighting.

Work it, baby!



LABOUR OF LOVE

Are you getting 9-5 frisky?

If you’ve ever had an office romance, you’re not alone. According to a new survey*, 28% of employees admit to having had one, too. The toilets and the lift were just some of the places respondents confessed to getting frisky at work. Here are some of their other revelations:

- 15% have dated a boss or superior
- 21% had a fling with a subordinate
- 31% successfully hid their office romances
- 12% of couples were completely open about their relationships
- 10% tried to hide their relationships, but everyone found out anyway