

## **Chocolate Therapy – Dare to Discover Your Inner Center**

*Pass around a box of chocolates. Let everyone pick their favorite, instructing: “As you take a piece of candy make sure and take the wrapper too. DO NOT EAT IT YET!!!! ... This will be the most difficult part of this program.”*

*Note: If you don't want to do all the reading, have different sisters read different sections.*

We each know what our favorite chocolate is.

Do you prefer dark or light chocolate?

Do you always go for the square ones? The round ones?

Are the centers soft, nutty or caramel?

What do you do with the wrapper: roll it into a ball, twist it or tear it into little pieces?

What does all this reveal about your personality?

What does your choice say about you?

## Chocolate Shapes

**Circle** – As a circle person, you love company. In fact, you must be around people or life is not worth living. You are the original social butterfly, you love to party. You're likeable and friendly, attracting people because of your warmth. Your skill lies in working with people because you can read between the words and gestures. You have empathy for others. You don't like to upset others and you'll keep peace at all costs.

**Oval** – You're moving beyond the circle, stretching your limits. You do this by using your feelings for others and, in turn, opening yourself to expressing your thoughts. You have a huge network of friends and contacts because you're socially adept and love making new friends. You seem to know the right word for the right occasion, which makes you a good adviser. You work from the heart, go with what you feel and are very creative within your own boundaries. You are very good at promoting and creating enthusiasm for the ideas of others, if you believe in them.

**Square** – As a square person, with all sides being equal, you are balanced and therefore it's hard for others to push you around. You are honest and truthful. You love complying with authority. You base your judgments on facts and figures rather than intuition or guesswork; not too many surprises come your way. You're very logical, analyzing problems systemically before reaching any conclusions. You follow directions meticulously and work in a structured way. You have long-term friends who find you dependable, not prone to abrupt changes. You have an excellent memory. You form long and lasting relationships.

**Rectangle** – You're a very loyal person who loves sitting or staying in one place. You seem to be a rock for others to lean on. You calm those who are excited. Through your support you allow people to feel needed. You're known as a good listener, you offer friendship and if you're asked to do anything for a friend, you'll do it as soon as you can. You enjoy organizing others and are good at doing for others what you find difficult doing for yourself.

## Types of Chocolate

**White** – You have all the power of the universe behind you if you only knew what you wanted in life. It can be hard for you to make decisions. You can always see both sides of an argument.

**Milk** – As a lover of milk chocolate, you like to live in the past emotionally, to live that sweet, smooth feeling that is the pure essence of childhood. You're remembering past happiness - a time when things were simple and straightforward.

**Dark** – You are a forward-looking person. Your thoughts are always directed toward the future. You have a fertile and active mind that is always refining.

**Bitter** – A connoisseur of the fine things in life, you know what you are talking about and you're a specialist in your field. People have to fit into your idea of living; otherwise you'll have no time for them.

**All Chocolate** – If you're a person who loves all types of chocolate, your loyalties lie with the chocolate itself. So you're a person who is flexible in all walks of life. You can move with the times and keep up with the information age. You don't like to be left behind.

## Chocolate Centers

**Almond** – Climbing the almond tree of prosperity, you desire success and you like to celebrate your achievements. You have quickness of mind that can stagger your friends. You can change your conversation or your beliefs very rapidly. You love making changes to yourself and to others. You like to offer a hand in friendship and are keen to help others.

**Brazil Nut** – You are very diplomatic and cultured. You love style and elegance; your clothes are always the latest fashion. You like everything to look right and you have a place for everything. You read the latest book and see the latest play. You like to be seen at all the right places with all the right faces.

**Caramel** – Without making a fuss, you conscientiously get things done. You're dependable and steady, and friends can rely on you. They call you an angel. You have an aptitude for figures and enjoy playing with money. You don't miss much – you have the eye of an eagle.

**Cherry** – You're full of energy, creating around yourself a virtual whirlwind of excitement. Watching your lifestyle can make your friends tired. When you feel passionate about a cause, you drive everyone else mad. For you, life is a bowl of cherries, only you'd like them all at once.

**Chocolate** – As a chocolate lover, you're part of the advancement of the human race, looking into the future. You're a protective person who respects other people's points of view. You realize there's more to life than what you see. You can find yourself relaxed, enjoying the game of life, which you join in willingly. You can laugh at yourself and don't take yourself too seriously.

**Coconut** – You dream of island hideaways in sun, sand and surf. You're a passionate person and this allows you to be creative and artistic. You find yourself drawn to the beat of the drums, the energy of the earth, the rhythm of life.

**Coffee** – As a coffee person, you're not one to be kept waiting. You like everything at once, and why not? You are a deep thinker and like the buzz of discussion and debate. Your mind is like a parachute ... it works best when open.

**Fudge** – As a lover of fudge you are sensual and smooth, gliding through life as if you were born with a silver spoon in your mouth. You don't seek to be above others; it's just that you're a little different and special, seeking to be the best you can. You like to shop. You're always looking at your role in the big picture.

**Hazelnut** – You’re a person who works with the wisdom of mother earth. You are aware of the energies around you and are in harmony with nature. You are in the right place at the right time. Some people see you as lucky, but you understand you are just a vehicle for the knowledge flowing through you.

**Butterfinger Crunch** – You’re a person who isn’t afraid to try something new. You have plenty of ideas and you can turn these into gold. You’re a person who enjoys life; for you the journey is more important than the destination.

**Marshmallow** – You are very social. You like to party, to have people around you. Light and fluffy, you can move from one idea to the next without a great deal of thought.

**Peanut** – You love outdoor activities, sports and team games, whether you’re playing or watching in person or on TV. You’re the salt of the earth, the mainstream of society. You’re happy with where you are in life, just getting on with it and doing the best you can. Time is precious to you and you fit a lot into your day.

**Pecan** – Pecan lovers are searching for eternal youth, the elixir of life and the stone of the wise. You are connected to early things and family traditions. You may appear ponderous in your thoughts because you need to be right and say the right things.

**Mint** – All things are possible to mint lovers; you have all the scope of life to choose from. You tend to see life as moving on; tomorrow is another day. You’re very clear on what you’re doing, whether it be in matters of the heart or in your profession. You’re full of ideas and won’t be bound by rules unless you’ve made them. You’re always striving for things to be better, looking ahead with an open mind.

**Walnut** – You have a solid heart of gold. You love the outdoors – the forest, the parks and the mountains. You have a fresh approach to problem solving and living. You communicate well. You like the arts. Others see you as profound.

## Post-Chocolate Behavior (the wrapper)

**The Scruncher** – Do you just scrunch the paper up and throw it away without a second glance? You may be missing many signals. You have lots of scattered thoughts and it can be difficult for you to concentrate on one subject at a time.

**The Folder** – Do you fold the paper flat, as if you had all the time in the world? This can mean your bedroom is always tidy, your drawers and cupboards neat and clean. You have thoughts that are orderly and methodical.

**The Baller** – Do you shape the paper into a ball and play with it on the table? You may be bored and need some excitement in your life. Perhaps it's time to move out of your comfort zone and expand the horizons of your life.

**The Tearer** – Do you tear the paper into tiny little pieces or strips? You enjoy a challenge. You need approval and are always trying to prove yourself.

**The Roller** – Do you make your paper into a tube? This can mean you like to play Cupid, a matchmaker at heart.

**The Twister** – If you twist your paper into a stick or a tight rope, this indicates you live on your nerves. You can be jumpy, and don't know how to relax.

*Did your favorite chocolate represent you well?*