



JUICING
THE LEMON

COUPLES PERSONALITY PROFILE

The Yellow-Blue Relationship



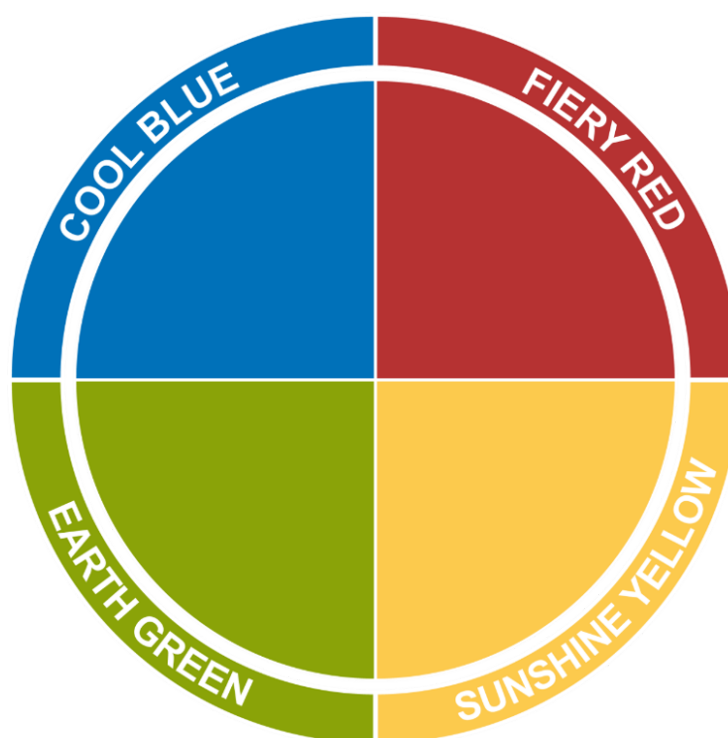
INTRODUCTION

Simply put, this guide will help you and your partner to connect, support and appreciate each other even more.

It's here to give you the insights you need to understand what it's like to be on the other side of you and to teach you why your partner does those little (or big) things you don't quite understand. The following pages contain all the information you need to learn how to recognise one another's strengths and get to know each other better, even if you've been together for years.

The language of colour gives you both a context to help you unpick what's *really* going on. This means you can enjoy loving, pragmatic conversations you're proud of.

THE YELLOW-BLUE RELATIONSHIP



Plot where you
sit on the wheel in
relation to each
other



The Yellow-Blue relationship is one of relaxed independence.

Both partners seek a comfortable, easy life free from stress and strife; with the Blue finding joy in solitude and the Yellow revelling in their autonomy.

The two combine to create a low-pressure relationship where fun and the freedom to pursue desires reigns.

WHAT DO WE APPRECIATE IN EACH OTHER?

These are some of the strengths that each of you brings to the relationship.

Tick the three behaviours you most appreciate in your partner from the table below:

YELLOW		BLUE	
☐	Injects excitement into the relationship	☐	Gives their all to the relationship
☐	Creatively romantic	☐	Sees things through to the end
☐	Happy to change and go with the flow	☐	Ordered and logical
☐	Risk-taker	☐	Prudent
☐	Sociable	☐	Perceptive
☐	Always ready to lighten the mood	☐	Careful with money
☐	Spontaneous	☐	Calm under pressure
☐	Accepting of suggestions	☐	Great at listening for the details
☐	Ever curious	☐	A willing follower once they understand what needs doing

QUESTIONS FOR THOUGHT AND DISCUSSION...

Identify the 2 or 3 behaviours that you appreciate the most in your partner:

- 1 What are some examples of when you have seen them recently?
- 2 How do these strengths contribute to and make the relationship stronger?
- 3 How could your partner bring this strength to the relationship even more?

POTENTIAL BLINDSPOTS

A weakness and blindspot is often an overplayed strength. How we see ourselves might not be quite how others see us. As a result, we're not always aware of the impact some of these behaviours have.

YELLOW		BLUE	
	Needs validation from others		Can be indecisive
	Talks a lot but can find it hard to take action		Finds sharing emotions difficult
	Lies by omission		Poor work life balance
	Scattered and disorganised		Omits details to avoid conflict
	Flighty		Dislikes intense social interaction
	Unwilling to invest in personal growth		Unwilling to invest in personal growth
	Self-centred		Slow to voice an opinion
	Inconsistent communicator		Poor communicator
	Conversations centre around them		Prefers listening to speaking
	Not great in a crisis		Gets lost in their own thoughts
	Fails to take things seriously		Finds it hard to stand up for themselves

SOME POINTS TO PONDER...

Select 2 or 3 weaknesses that you feel most apply to you:

- 1 Think about times these caused problems in your relationship.
- 2 Consider how you could have managed these situations differently.
- 3 Discuss what you've discovered with your partner and find out if they see things differently.

THE YELLOW-BLUE RELATIONSHIP

The Yellow-Blue relationship is liberating.

Both the Yellow and Blue value their independence and are also very accepting of the needs of others. This means both partners get to pursue the things they like, the way they like.

However, conflicts can and do arise in these relationships. Often when the Yellow’s playful banter bashes against the Blue’s sensitive nature. Mastering the art of setting boundaries and encouraging clear lines of communication are the keys to a happy, healthy Yellow-Blue relationship.

MOTIVE

Motivation matters. It underpins your every thought, word, and action.

YELLOW	BLUE
Fun	Calm

Fun: In this context, *fun* means positivity, adventure, and warmth.

Calm: Here, *calm* means order, wisdom, and prudence.

THREE QUESTIONS TO CONSIDER...

- 1 What motivates and energises you the most?
- 2 When your partner needs help with something, *why* do you want to help them?
- 3 What are you like when you’re at your very best in this relationship?

“The best thing to spend on your relationship is time, conversation, understanding and honesty.”

THE YELLOW-BLUE RELATIONSHIP

NEEDS

If our needs aren't met, we get frustrated and upset.

Knowing your partner's needs and what you can do to meet them will help you spot problems well in advance. This can prevent unhealthy conflict from happening altogether.

YELLOW	BLUE
A large network of connections	Peace in the relationship
To be praised	To have their own space
To be popular	To believe in their abilities
Acceptance of many	Acceptance of who they are

Yellows find their needs met externally contrasting the Blue's need for solitude and self-sufficiency. Making a conscious balance between the two in your relationship will ensure that both partners' needs are met consistently.

A FEW QUESTIONS FOR YOU BOTH TO DISCUSS...

- 1
- When do you feel most loved by your partner and why?
- 2
- What can your partner do to help you meet your needs?
- 3
- Who do you feel most responsible for you in your life? And what impact does that have on your relationship?

“Without communication, there is no relationship. Without respect, there is no love. Without trust, there is no reason to continue.”

THE YELLOW-BLUE RELATIONSHIP

WANTS

Wants are much the same as needs in that if they're not met dissatisfaction results.

Try to be proactive in providing for these wants, even if you find it unnatural. Persevere, and you'll reap the rewards!

YELLOW STYLE	BLUE STYLE
Freedom	Privacy
Choice	Quiet
To be seen	To avoid conflict
To resist authority	To follow

Yellows and Blues have complementarily contrasting wants. Both partners value 'me' time but pursue this in different ways. The Yellow is outgoing and adventurous, and the Blue is quiet and private. Fortunately, this leaves plenty of space for both to enjoy hobbies and activities independently of one another. However, neither the Blue nor the Yellow is overly driven. This can spark conflict when it feels like the relationship isn't 'going anywhere' as mutual goals take a long time to achieve.

ONE QUESTION TO SPARK A CONVERSATION...

- 1
- What similarities or differences do you have in your attitudes on the following topics?
- Money
 - Manners
 - Pets
 - Kids / relatives / relationship with parents
 - Punctuality
 - Tidiness

"If you want a relationship that looks and feels like the most amazing thing on earth, you need to treat it like the most amazing thing on earth."

THE YELLOW-BLUE RELATIONSHIP

BEHAVIOURAL PREFERENCES

The concept of 'behavioural preferences' isn't as complicated (or as stilted) as it sounds! It's a catch-all term that captures how we tend to behave, depending on where we sit on the colour wheel.

YELLOW STYLE	BLUE STYLE
Low productivity	Low productivity as very conscientious
Always the centre of attention	Wants to follow
Loves change	Wary of change
Emotional	Analytical
Oversensitive	Very sensitive
Delegator (but will also abdicate responsibility)	Poor delegator
Impatient	Extremely patient
Forgiving	Forgiving
Tactless	Tactful
Rebellious	Conformist
Irresponsible	Responsible
Happy to seek advice, may or may not follow it	Eagerly seeks advice
Accepting of others	Accepting of others
Poor listener	Listens well to facts, but not feelings
Easy to share feelings with	Difficult to share feelings with
Loves very easily, but struggles to commit	Loves easily and commits readily
Defies rules	Follows rules

TWO (AND A BIT) QUESTIONS FOR YOU BOTH...

- 1 What attracted you to your partner when you first met?
- 2 What are the major differences between you and your partner? How far do you understand them and accept them?

THE YELLOW-BLUE RELATIONSHIP

POTENTIAL CONFLICTS

Conflict is inevitable, but understanding why they happen is the first step on the road to mitigating them or avoiding the unhealthy ones altogether. How your respective colour preferences interact will give you plenty of valuable insights.

YELLOW PREFERENCE	BLUE PREFERENCE
Fun-orientated	Peace-orientated
Selfish	Selfless to a fault
Wants to look good	Wants to feel good about themselves
Emotional	Logical
Careless communicator	Careful
Creative	Efficient at defined tasks
Tactless	Tactful
Flighty	Malleable
Boastful	Humble
Confident, but evasive	Indirect and unsure at times

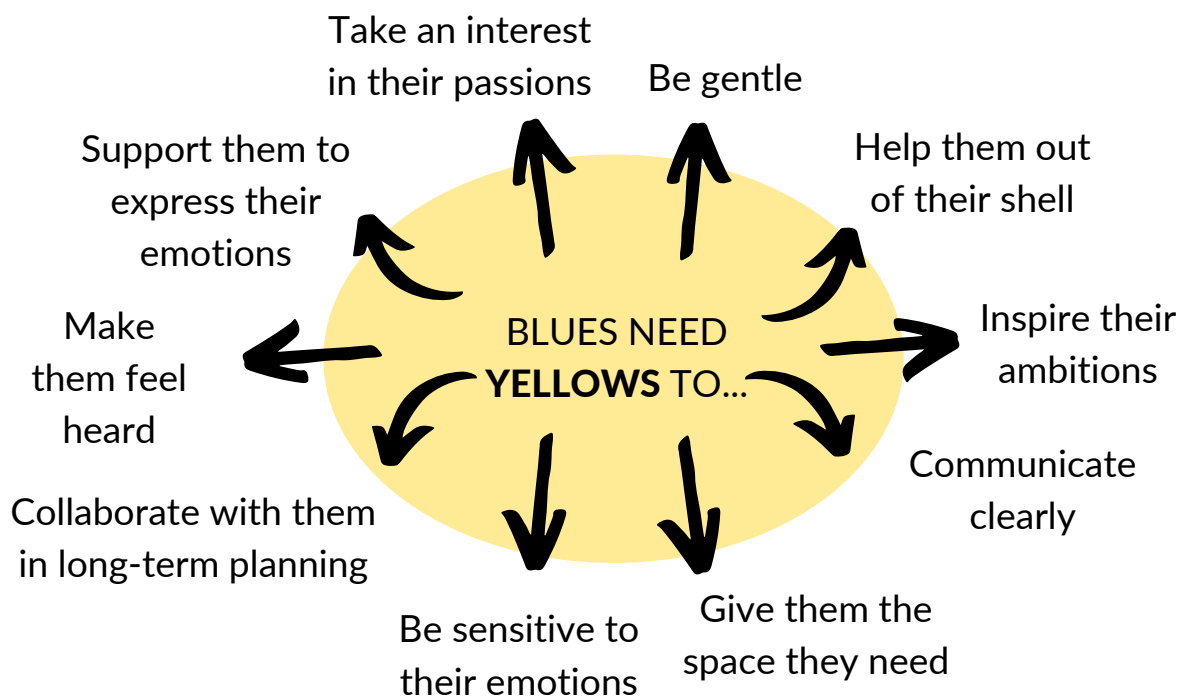
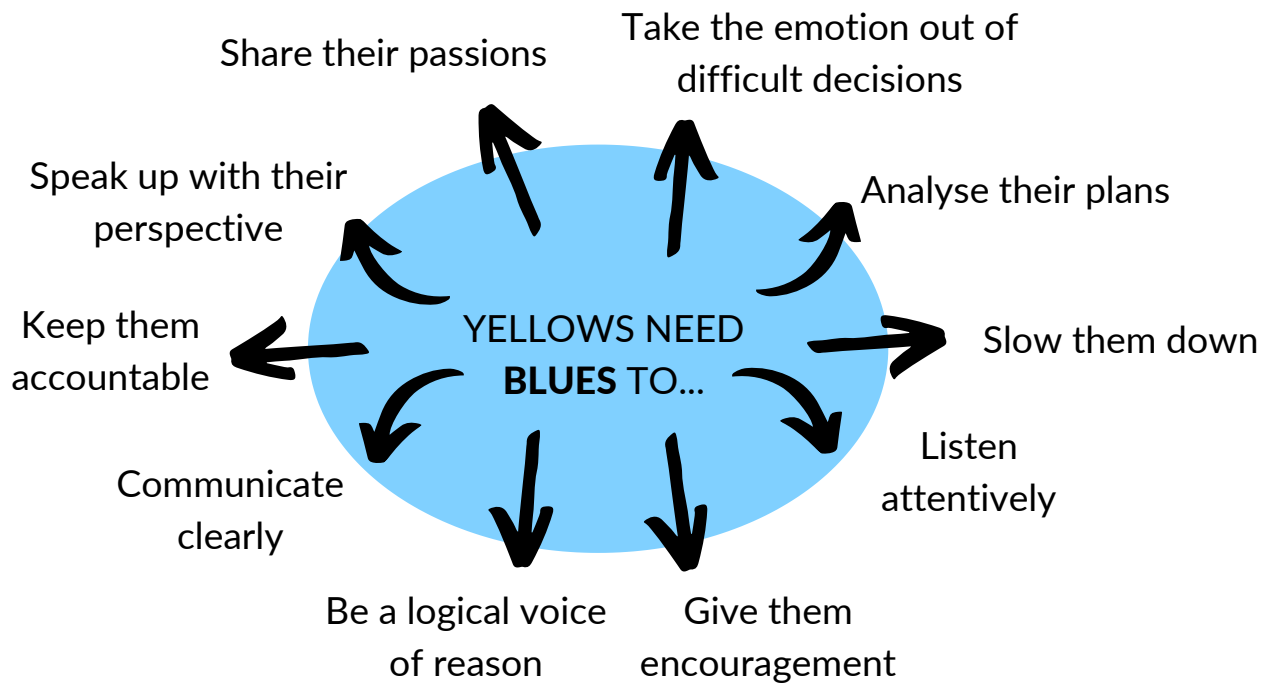
When we get into arguments, the specific topic is largely irrelevant more often than not. Instead, they're a result of violating one another's communication preferences. This leads to emotional and reactive conversations.

By keeping the dos and don'ts of our communication preferences in mind, resourceful and productive conversations will result.

A COUPLE MORE QUESTIONS...

- 1 What is one communication "do" and one communication "don't" that you would like your partner to bear in mind when you have a disagreement on a topic? You may want to go back to your personality report to check communication preferences there.
- 2 How forgiving are you when your partner makes little unimportant mistakes?

HOW WE CAN HELP EACH OTHER



A QUESTION FOR THOUGHT AND DISCUSSION...

- 1 What is the most useful thing that you could learn from your partner?

GOING FORWARD

Having daily check-ins is a great way to make sure that you're focusing on connecting and communication in your relationship. By making this a feature of your day, you're giving your relationship the space and time it deserves.

There are two elements to effective communication check-ins:

- 1 Check inside to see how you're doing and what you're feeling and experiencing.
- 2 Share what you've found with your partner and encourage them to do the same.

Keep at them for long enough, and these daily check-ins will become the lifeblood of your relationship and sustain that all-important connection.

Always remember to be intentional and deliberate in your communication and the time you spend with your partner. No matter how busy life gets, they are your constant, foundation, and safe place. Make them a priority, and the benefits will enrich every aspect of your life.

EXTRA QUESTIONS TO PONDER OVER A GLASS OF WINE

- 1 What has been the most significant event in your relationship?
- 2 How has your perception of your partner changed since you first met?
- 3 How can you support one another to achieve your individual ambitions?
- 4 In which area of your relationship could you contribute more?
- 5 When was the last time you laughed together? What made you laugh?
- 6 How many times a day do you show kindness to your partner?
- 7 What are some of your favourite things to do together? How can you do them more often?

ONE LAST THING...

I hope you found this guide both helpful and illuminating. If you have any questions at all, don't hesitate to get in touch with me directly. Send an email to angela@juicingthelemon.com and we'll chat!

Angela



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