



JUICING
THE LEMON

COUPLES PERSONALITY PROFILE

The Green-Blue Relationship



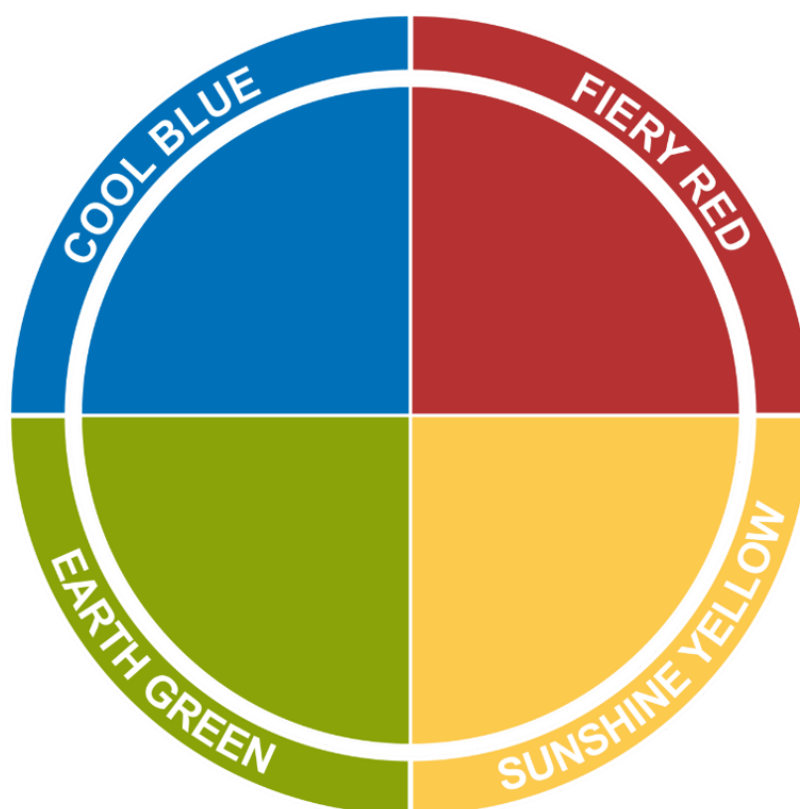
INTRODUCTION

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 GREEN-BLUE RELATIONSHIP



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

The Green-Blue relationship is one of quiet joy.

The nurturing kindness of the Green partner is warmly received by the Blue and spurs them ever onward.

The two combine to create a warm, happy home where peace and mutual prosperity reign.

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:

GREEN		BLUE	
☐	Puts the relationship first	☐	Gives their all to the relationship
☐	Makes intimacy a priority	☐	Sees things through to the end
☐	Makes decisions based on their partner's needs rather than their own	☐	Ordered and logical
☐	Takes care of all the 'little' things	☐	Prudent
☐	Always stable and dependable	☐	Perceptive
☐	A fundamentally good person	☐	Careful with money
☐	Selfless	☐	Calm under pressure
☐	Values quality and order	☐	Great at listening for the details
☐	Wears their heart on their sleeve	☐	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.

GREEN		BLUE	
	Blames everyone else for any unhappiness		Can be indecisive
	Demands affection and intimacy, rather than asks for it		Finds sharing emotions difficult
	Needy		Poor work life balance
	Highly manipulative when looking for support or understanding		Omits details to avoid conflict
	Seldom takes the good intentions of others at face value		Dislikes intense social interaction
	Slow to forgive		Unwilling to invest in personal growth
	Clingy		Slow to voice an opinion
	Self-righteous		Poor communicator
	Prone to whining, rather than resolving issues		Prefers listening to speaking
	Prone to mood swings without an obvious cause		Gets lost in their own thoughts
	Tends to be overly sensitive to criticism		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 GREEN-BLUE RELATIONSHIP

The Green-Blue relationship is calm and comfortable. Both the Green and Blue prioritise intimacy and put the relationship first, so the two personalities readily combine to create resilient partnerships.

However, conflicts can and do arise in these relationships, and they're often a result of miscommunication. Mastering the art of expressing your needs in a way that the other understands is the key to a happy, healthy Green-Blue relationship.

MOTIVE

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

GREEN	BLUE
Care	Calm

Care: In this context, *care* encapsulates closeness, diligence, and selflessness

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 GREEN-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.

GREEN	BLUE
To be understood	Peace in the relationship
To be appreciated	To have their own space
To be seen as moral	To believe in their abilities
Acceptance of many	Acceptance of who they are

Greens 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 GREEN-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!

GREEN STYLE	BLUE STYLE
Security	Privacy
Satisfaction	Quiet
To please others	To avoid conflict
To follow and get on with tasks	To follow

Greens and Blues have complementary wants. Both partners are peaceful and want nothing more than the best for the people they care about. Greens seek security and Blues seek privacy, so both partners find great comfort looking inwards to the relationship for fulfilment. However, neither the Blue nor the Green is fully comfortable taking the lead. This can spark conflict in times of crisis when big decisions need making quickly.

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 GREEN-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.

GREEN STYLE	BLUE STYLE
People pleasing	Low productivity as very conscientious
Keeps a low profile	Wants to follow
Desires stability	Wary of change
Emotional	Analytical
Oversensitive	Very sensitive
Doer	Poor delegator
Patient	Extremely patient
Unforgiving and holds grudges	Forgiving
Tactful	Tactful
Supine	Conformist
Responsible	Responsible
Happy to seek advice	Eagerly seeks advice
Critical of themselves and others	Accepting of others
Excellent listener	Listens well to facts, but not feelings
Easy to share feelings with	Difficult to share feelings with
Loves deeply and disappointed by those who can't do the same	Loves easily and commits readily
Follows 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 GREEN-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.

GREEN PREFERENCE	BLUE PREFERENCE
Intimacy-orientated	Peace-orientated
Selfless	Selfless to a fault
Wants to be good	Wants to feel good about themselves
Emotional	Logical
Compassionate	Careful
Creative	Efficient at defined tasks
Evasive	Tactful
Stubborn	Malleable
Self-righteous	Humble
Indirect and self-conscious	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.

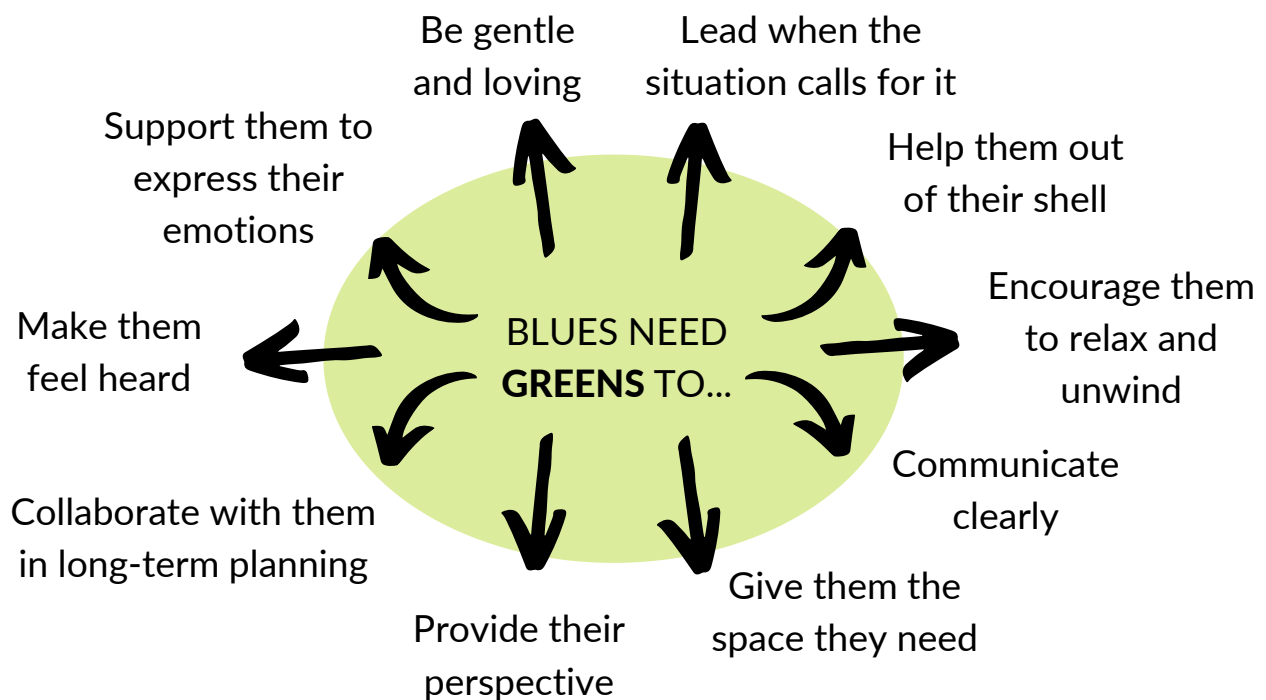
A COUPLE MORE QUESTIONS...

- 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



Find out more about our training workshops and services:

**www.juicingthelemon.com
angela@juicingthelemon.com
07775 922892**