



JUICING
THE LEMON

COUPLES PERSONALITY PROFILE

The Green-Yellow Relationship

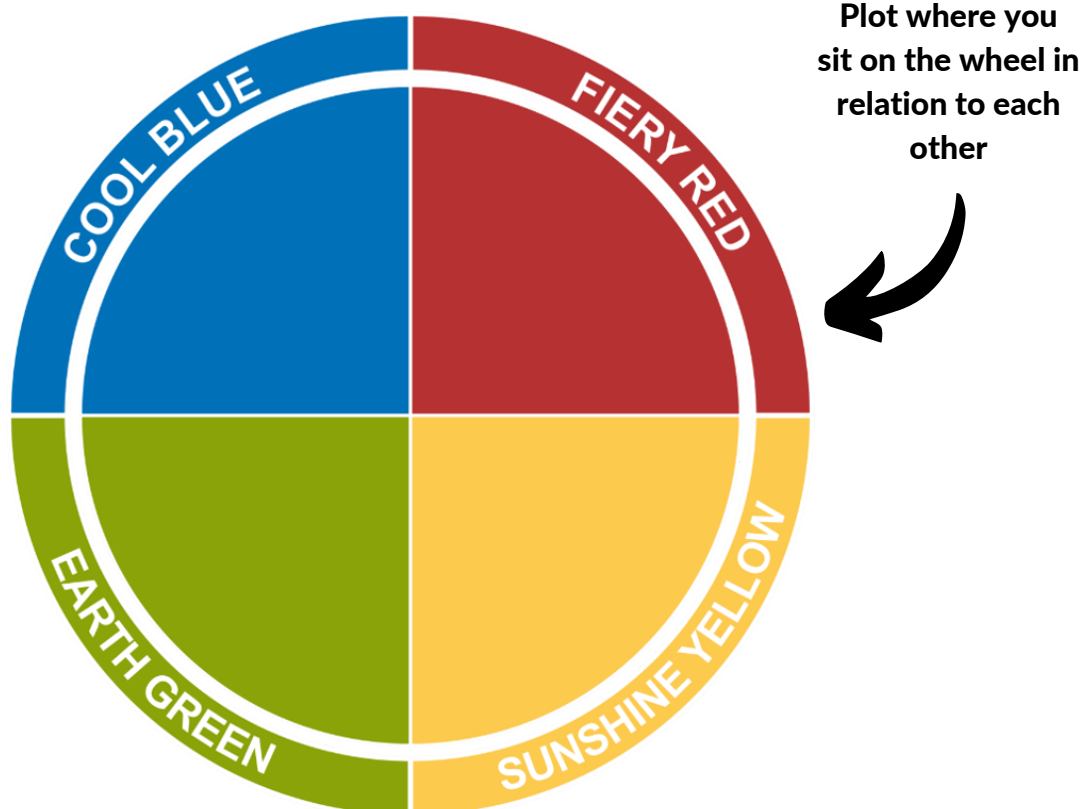
INTRODUCTION

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-YELLOW RELATIONSHIP



The Green-Yellow relationship is one of complementing contrast.

The nurturing kindness of the Green partner is warmly received by the Yellow whose boundless energy brings fun and adventure.

The two combine to create a happy home that's full of excitement and romance.

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		YELLOW	
☐	Puts the relationship first	☐	Injects excitement into the relationship
☐	Makes intimacy a priority	☐	Creatively romantic
☐	Makes decisions based on their partner's needs rather than their own	☐	Happy to change and go with the flow
☐	Takes care of all the 'little' things	☐	Risk-taker
☐	Always stable and dependable	☐	Sociable
☐	A fundamentally good person	☐	Always ready to lighten the mood
☐	Selfless	☐	Spontaneous
☐	Values quality and order	☐	Accepting of suggestions
☐	Wears their heart on their sleeve	☐	Ever curious

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		YELLOW	
	Blames everyone else for any unhappiness		Needs validation from others
	Demands affection and intimacy, rather than asks for it		Talks a lot but can find it hard to take action
	Needy		Lies by omission
	Highly manipulative when looking for support or understanding		Scattered and disorganised
	Seldom takes the good intentions of others at face value		Flighty
	Slow to forgive		Unwilling to invest in personal growth
	Clingy		Self-centred
	Self-righteous		Inconsistent communicator
	Prone to whining, rather than resolving issues		Conversations centre around them
	Prone to mood swings without an obvious cause		Not great in a crisis
	Tends to be overly sensitive to criticism		Fails to take things seriously

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-YELLOW RELATIONSHIP

The Green-Yellow relationship is one of complementing contrast. Both the Green and Yellow prioritise intimacy and put the relationship first. The Yellow's 'big thinking' is balanced by the Green's concern for detail.

However, conflicts can and do arise in these relationships, especially when the Yellow's self-centredness clashes with the Green's self-sacrifice. Balancing the two and keeping the focus on the relationship, rather than the individual, is the key to a happy, healthy Green-Yellow relationship.

MOTIVE

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

GREEN	YELLOW
Care	Fun

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

Fun: Here, *fun* means positivity, adventure, and warmth

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-YELLOW 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	YELLOW
To be understood	A large network of connections
To be appreciated	To be praised
To be seen as moral	To be popular
Acceptance of many	Acceptance of many

Both Greens and Yellows value social standing. However, Greens have a preference for deep relationships, whereas Yellows seek a high number of superficial connections. 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-YELLOW 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	YELLOW STYLE
Security	Freedom
Satisfaction	Choice
To please others	To be seen
To follow and get on with tasks	To resist authority

Greens and Yellows have contrasting wants. Yellow partners seek autonomy, freedom and status and the pursuit of these naturally incurs risk. Green partners, on the other hand, seek stability and are diligent in their attempts to please others. When in balance, these contrasts are complementary. However, when this balance is upset in times of stress or crisis, conflict is quick to follow.

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-YELLOW 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	YELLOW STYLE
People pleasing	Low productivity
Keeps a lower profile	Always the centre of attention
Desires stability	Loves change
Emotional	Emotional
Oversensitive	Oversensitive
Doer	Delegator (but will also abdicate responsibility)
Impatient and complains about holdups	Impatient
Unforgiving and holds grudges	Forgiving
Tactful	Tactless
Supine	Rebellious
Responsible	Irresponsible
Happy to seek advice	Happy to seek advice, may or may not follow it
Critical of themselves and others	Accepting of others
Excellent listener	Poor listener
Easy to share feelings with	Easy to share feelings with
Loves deeply and disappointed by those who can't do the same	Loves very easily, but struggles to commit
Follows rules	Defies 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-YELLOW 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	YELLOW PREFERENCE
Intimacy-orientated	Fun-orientated
Selfless	Selfish
Wants to be good	Wants to look good
Emotional	Emotional
Compassionate	Careless communicator
Creative	Creative
Evasive	Tactless
Stubborn	Flighty
Self-righteous	Boastful
Indirect and self-conscious	Confident, but evasive

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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