



JUICING  
THE LEMON

# COUPLES PERSONALITY PROFILE

The Red-Blue Relationship



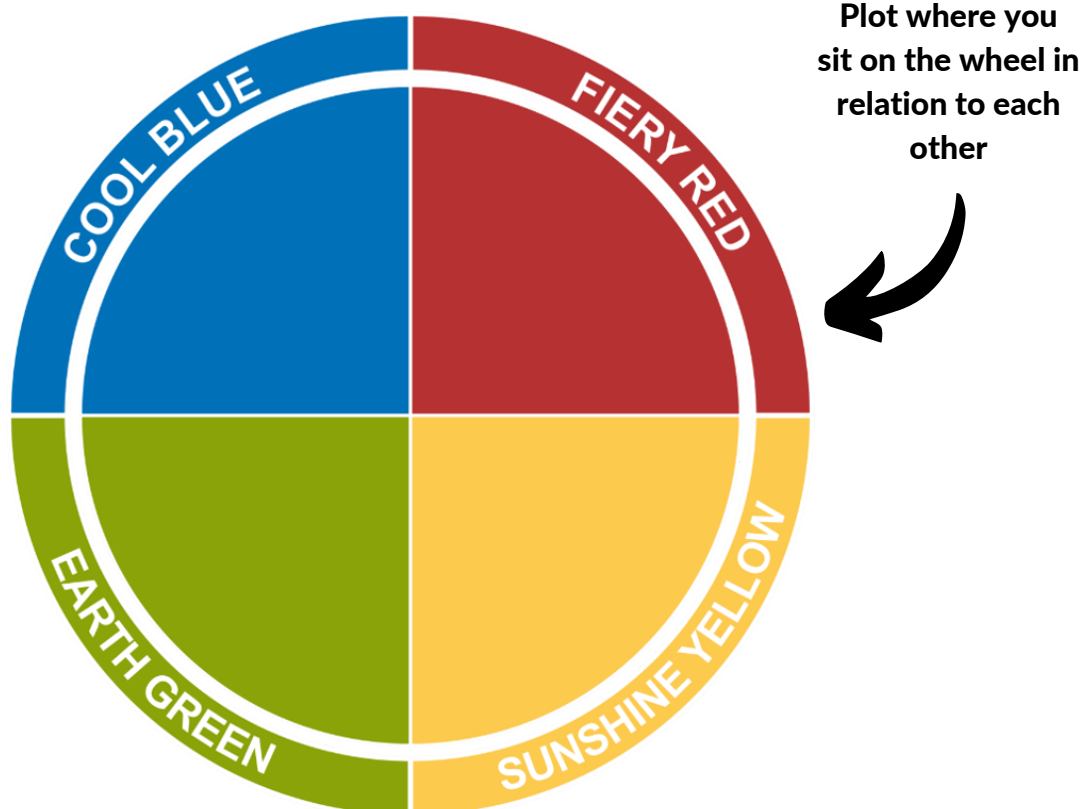
# INTRODUCTION

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 RED-BLUE RELATIONSHIP



The Red-Blue relationship is a very powerful force indeed.

The drive, vision, and leadership brought by the Red partner are enhanced by the laser-focus and peerless analysis of the Blue.

Put the two together, and you'll rule the world in no time!

# 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:

| RED                      |                                                                    | BLUE                     |                                                          |
|--------------------------|--------------------------------------------------------------------|--------------------------|----------------------------------------------------------|
| <input type="checkbox"/> | Cares deeply for their partner                                     | <input type="checkbox"/> | Gives their all to the relationship                      |
| <input type="checkbox"/> | Fiercely loyal to the relationship                                 | <input type="checkbox"/> | Sees things through to the end                           |
| <input type="checkbox"/> | Always up for trying new things and encouraging you to do the same | <input type="checkbox"/> | Ordered and logical                                      |
| <input type="checkbox"/> | Sets the financial strategy                                        | <input type="checkbox"/> | Prudent                                                  |
| <input type="checkbox"/> | Keeps their word                                                   | <input type="checkbox"/> | Perceptive                                               |
| <input type="checkbox"/> | Tends to drive                                                     | <input type="checkbox"/> | Careful with money                                       |
| <input type="checkbox"/> | A doer who is keen to make things happen                           | <input type="checkbox"/> | Calm under pressure                                      |
| <input type="checkbox"/> | Attentive                                                          | <input type="checkbox"/> | Great at listening for the details                       |
| <input type="checkbox"/> | A confident leader                                                 | <input type="checkbox"/> | 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.

| RED |                                                            | BLUE |                                          |
|-----|------------------------------------------------------------|------|------------------------------------------|
|     | Puts their own interests first                             |      | Can be indecisive                        |
|     | Work easily becomes more important than their relationship |      | Finds sharing emotions difficult         |
|     | Demanding and arrogant                                     |      | Poor work life balance                   |
|     | Reluctant to show insecurity or vulnerability              |      | Omits details to avoid conflict          |
|     | Overly critical of their partner                           |      | Dislikes intense social interaction      |
|     | Insensitive                                                |      | Unwilling to invest in personal growth   |
|     | Unwilling to prioritise intimacy                           |      | Slow to voice an opinion                 |
|     | Poor listener                                              |      | Poor communicator                        |
|     | Needs to be right                                          |      | Prefers listening to speaking            |
|     | Selfish                                                    |      | Gets lost in their own thoughts          |
|     | Find expressing emotions difficult                         |      | 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 RED-BLUE RELATIONSHIP

The Red-Blue relationship is ordered and comfortable. Both the Red and Blue are analytical thinkers that process situations in different ways so they each bring a unique perspective. Whilst they approach tasks and decisions differently, these differences between the two personalities fit like pieces of a jigsaw, rather than grate.

However, conflicts can and do arise in these relationships when the Blue’s desire for calm and peace bumps up against the Red’s occasionally unreasonable demands. Building a healthy leader/follower dynamic is the key to a happy Red-Blue relationship.

## MOTIVE

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

| RED     | BLUE |
|---------|------|
| Control | Calm |

**Control:** In this context, *control* encapsulates leadership, dynamism, and directness.

**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 RED-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.

| RED                                   | BLUE                          |
|---------------------------------------|-------------------------------|
| To be right                           | Peace in the relationship     |
| To be respected                       | To have their own space       |
| To show others how competent they are | To believe in their abilities |
| Approval of the people they respect   | Acceptance of who they are    |

Reds find their needs are met by the opinions (a select group of) others, 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 RED-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!

| RED STYLE            | BLUE STYLE        |
|----------------------|-------------------|
| Adventure            | Privacy           |
| Responsibility       | Quiet             |
| To please themselves | To avoid conflict |
| To be in charge      | To follow         |

Reds and Blues have wants that differ, but the Blue's preference to follow and keep the peace means they often find they're happy when the Red is happy. However, this strength is also a potential pitfall. The Blue's desire for a calm home at any cost can cause the Red's respect to waver. When that happens, conflict is soon to follow.

Responding to this by pouring into your partner's wants will profoundly impact their ability to meet them and attend to your wants in turn.

## 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 RED-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.

| RED STYLE                                                | BLUE STYLE                              |
|----------------------------------------------------------|-----------------------------------------|
| High productivity                                        | Low productivity as very conscientious  |
| Wants to be in charge                                    | Wants to follow                         |
| Welcomes change                                          | Wary of change                          |
| Logical                                                  | Analytical                              |
| Insensitive                                              | Very sensitive                          |
| Delegator                                                | Poor delegator                          |
| Impatient                                                | Extremely patient                       |
| Unforgiving but quick to move on                         | Forgiving                               |
| Tactless                                                 | Tactful                                 |
| Rebellious                                               | Conformist                              |
| Responsible                                              | Responsible                             |
| Does not seek advice                                     | Eagerly seeks advice                    |
| Critical of others                                       | Accepting of others                     |
| Poor listener                                            | Listens well to facts, but not feelings |
| Difficult to share feelings with                         | Difficult to share feelings with        |
| Doesn't love easily, but loves powerfully when committed | 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 RED-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.

| RED PREFERENCE          | BLUE PREFERENCE                     |
|-------------------------|-------------------------------------|
| Power-orientated        | Peace-orientated                    |
| Selfish                 | Selfless to a fault                 |
| Wants to look good      | Wants to feel good about themselves |
| Logical                 | Logical                             |
| Insensitive             | Careful                             |
| Productive              | Efficient at defined tasks          |
| Tactless                | Tactful                             |
| Stubborn                | Malleable                           |
| Arrogant                | Humble                              |
| Direct and self-assured | Indirect and unsure at times        |

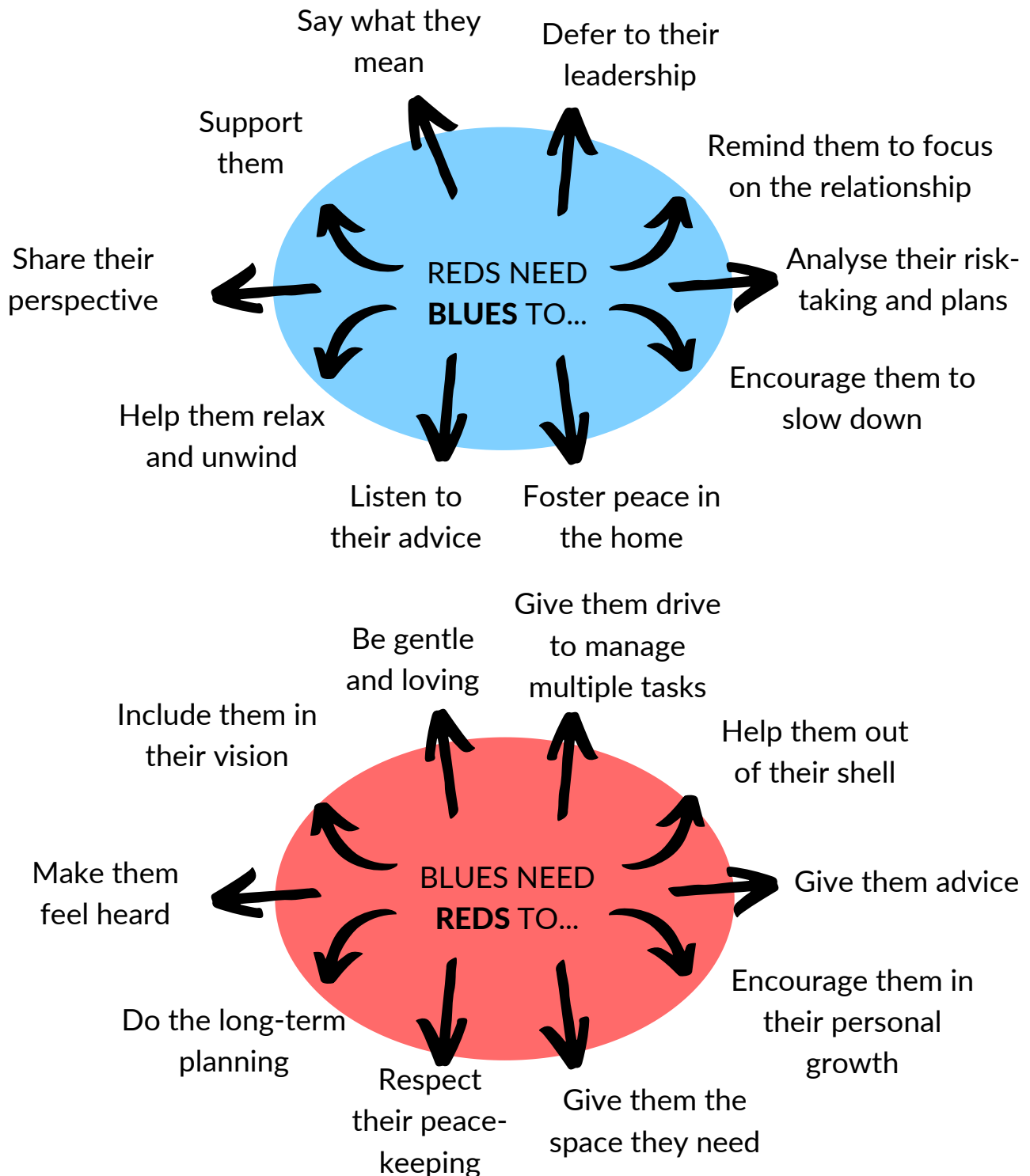
When we get into arguments, the specific topic is largely irrelevant more often than not. Instead, they're a result of violating one another's communication preferences. This leads to emotional and reactive conversations.

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](mailto:angela@juicingthelemon.com) and we'll chat!

Angela



**Find out more about our training workshops and services:**

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