



JUICING
THE LEMON

COUPLES PERSONALITY PROFILE

The Red-Green Relationship



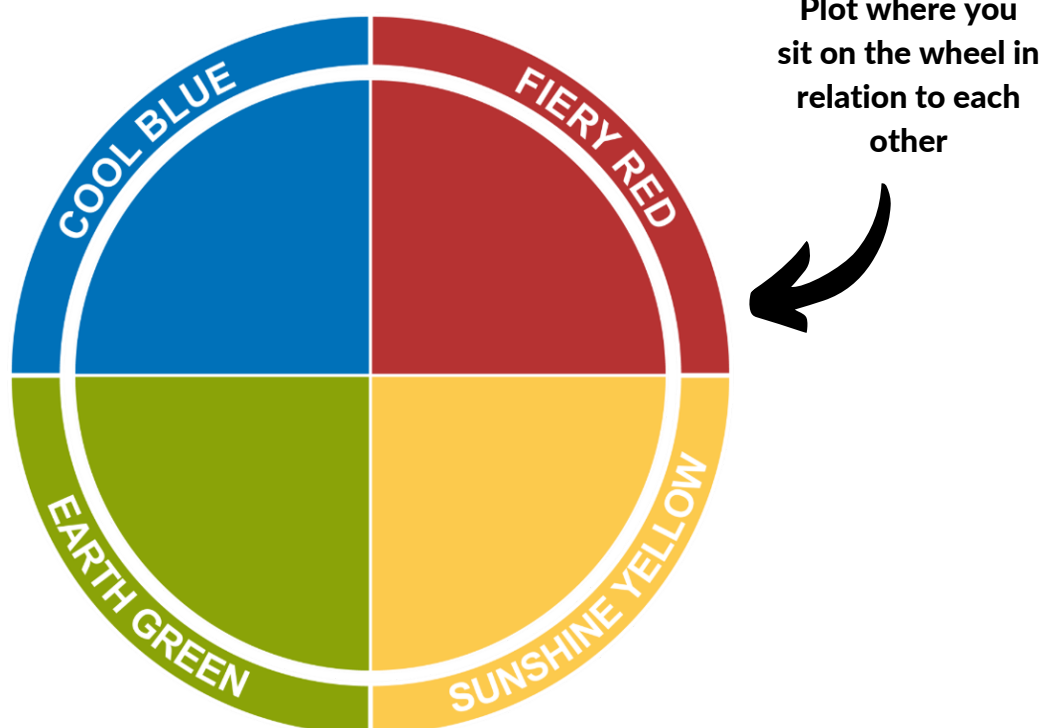
INTRODUCTION

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-GREEN RELATIONSHIP



The Red-Green relationship is one of complementing contrast.

The drive, vision, and leadership that the Red partner brings is tempered by the diligent nurturing of the Green.

They say that opposites attract and there's no truer reflection of this than a Red and Green partnership!

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		GREEN	
☐	Cares deeply for their partner	☐	Puts the relationship first
☐	Fiercely loyal to the relationship	☐	Makes intimacy a priority
☐	Always up for trying new things and encouraging you to do the same	☐	Makes decisions based on their partner's needs rather than their own
☐	Sets the financial strategy	☐	Takes care of all the 'little' things
☐	Keeps their word	☐	A fundamentally good person
☐	Tends to drive	☐	Selfless
☐	A doer who is keen to make things happen	☐	Values quality and order
☐	Attentive	☐	Wears their heart on their sleeve
☐	A confident leader	☐	Always stable and dependable

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		GREEN	
	Puts their own interests first		Blames everyone else for any unhappiness
	Work easily becomes more important than their relationship		Demands affection and intimacy, rather than ask for it
	Demanding and arrogant		Needy
	Reluctant to show insecurity or vulnerability		Highly manipulative when looking for support or understanding
	Overly critical of their partner		Seldom takes the good intentions of others at face value
	Insensitive		Slow to forgive
	Unwilling to prioritise intimacy		Clingy
	Poor listener		Self-righteous
	Needs to be right		Prone to whining, rather than resolving issues
	Selfish		Prone to mood swings without an obvious cause
	Find expressing emotions difficult		Tends to be overly sensitive to criticism

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-GREEN RELATIONSHIP

The Red-Green relationship is one that balances power with intimacy. In many ways, the two personality types perfectly complement one another with the Red setting the vision and taking the lead and the Green taking care of all the little things that make it happen.

However, conflicts can and do arise in these relationships when the Red partner's outward focus clashes with the Green partner's inward focus. Turning this friction into healthy tension is the key to a happy Red-Green relationship.

MOTIVE

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

RED	GREEN
Control	Care

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

Care: Here, *care* means closeness, diligence, and selflessness.

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-GREEN 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	GREEN
To be right	To be understood
To be respected	To be appreciated
To show others how competent they are	To be seen as moral
Approval of the people they respect	Acceptance of many

Reds are objective in their needs, contrasting the Green's preference for the subjective. 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-GREEN 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	GREEN STYLE
Adventure	Security
Responsibility	Satisfaction
To please themselves	To please others
To be in charge	To follow and get on with tasks

Reds and Greens have wants that clearly clash with each other. This means you'll both have to be flexible from time to time. How that looks in practice can be determined by the things going on *outside* your relationship - work, family friction, money etc.

Responding to these stresses by pouring into your partner's wants will profoundly impact their ability to cope with 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-GREEN 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	GREEN STYLE
High productivity	People pleasing
Wants to be in charge	Keeps a lower profile
Welcomes change	Desires stability
Logical	Emotional
Insensitive	Oversensitive
Delegator	Doer
Impatient	Impatient and complains about holdups
Unforgiving but quick to move on	Unforgiving and holds grudges
Tactless	Tactful
Rebellious	Supine
Responsible	Responsible
Does not seek advice	Happy to seek advice
Critical of others	Critical of themselves and others
Poor listener	Excellent listener
Difficult to share feelings with	Easy to share feelings with
Doesn't love easily, but loves powerfully when committed	Loves deeply and disappointed by those who can't do the same
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-GREEN 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	GREEN PREFERENCE
Power-orientated	Intimacy-orientated
Selfish	Selfless
Wants to look good	Wants to be good
Logical	Emotional
Insensitive	Compassionate
Productive	Creative
Tactless	Evasive
Stubborn	Stubborn
Arrogant	Self-righteous
Direct and self-assured	Indirect and self-conscious

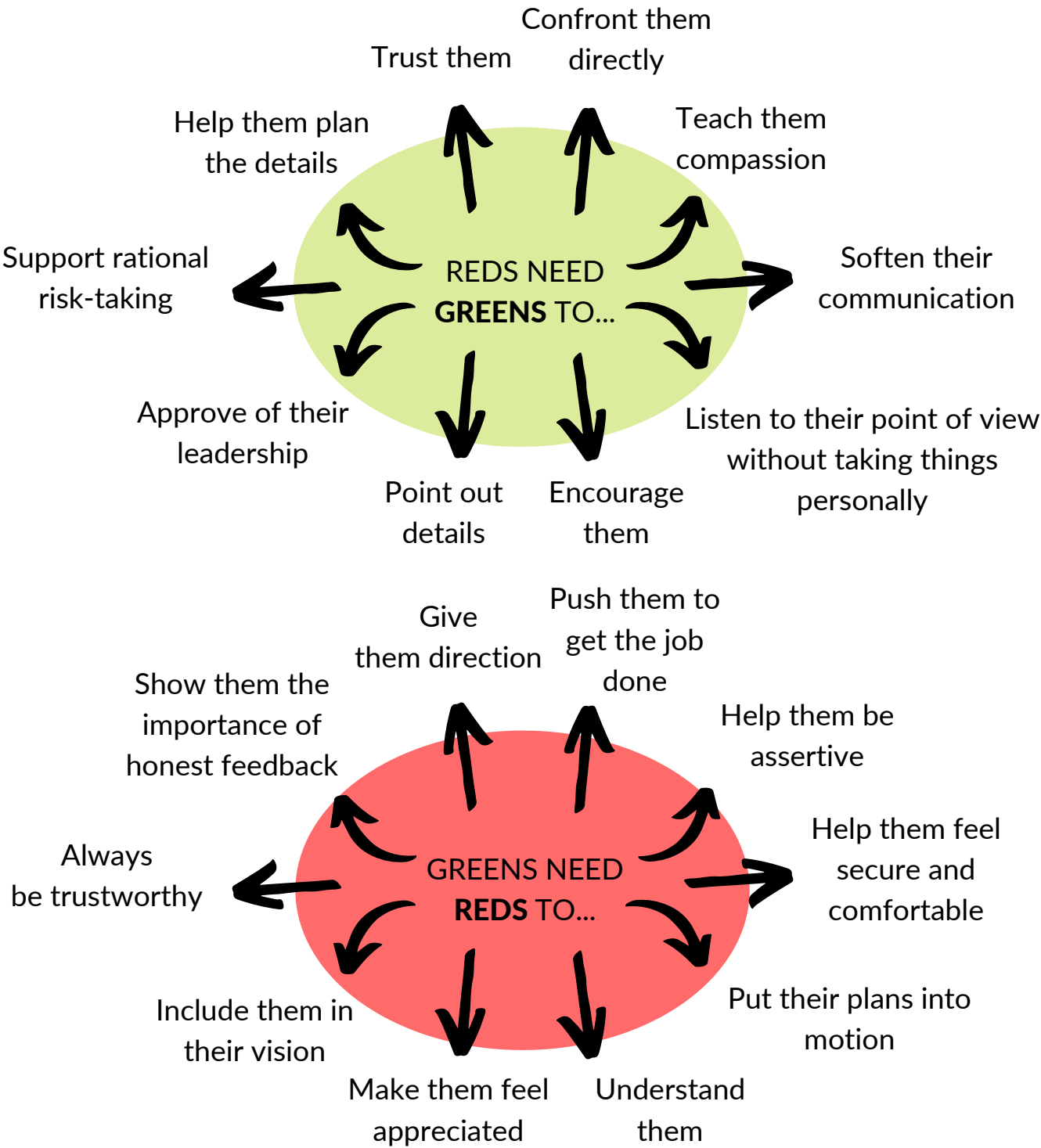
When we get into arguments, the specific topic is largely irrelevant more often than not. Instead, they're a result of violating one another's communication preferences. This leads to emotional and reactive conversations.

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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