



JUICING  
THE LEMON

# COUPLES PERSONALITY PROFILE

The Red-Red Relationship



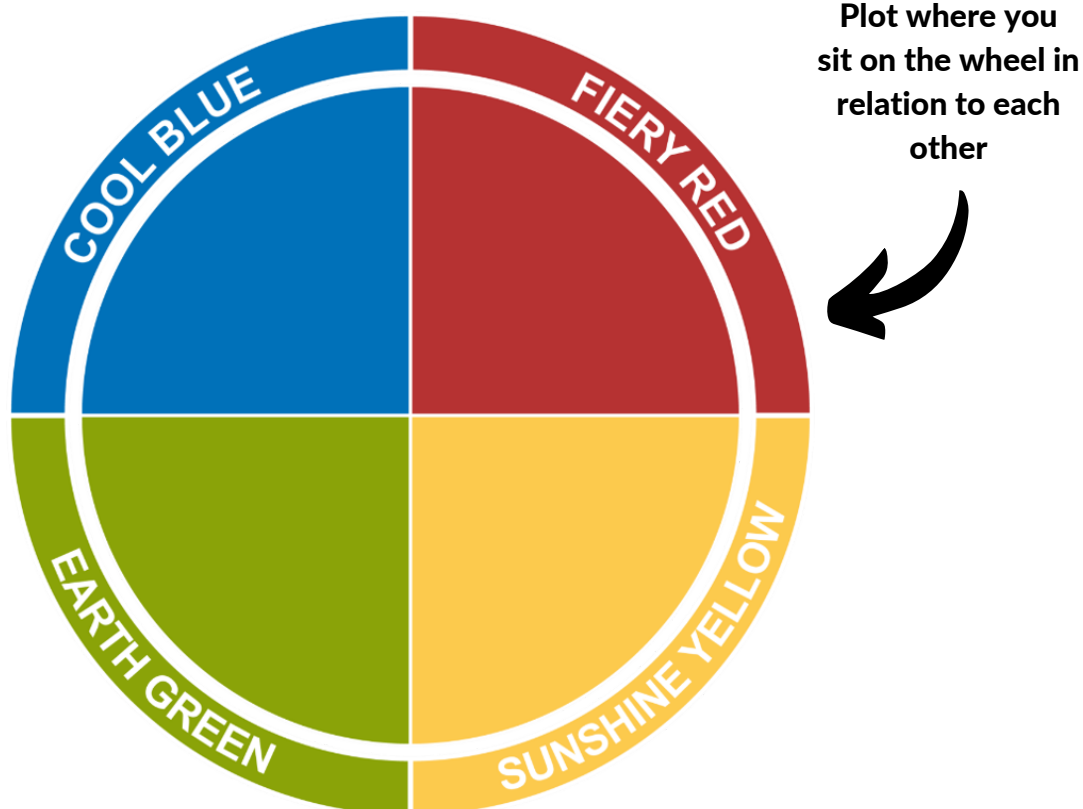
# INTRODUCTION

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-RED RELATIONSHIP



The Red-Red relationship is a force to be reckoned with!

Iron sharpens iron as you push one another to be the best you can be at home and work. Your respective drive and vision combine to become exponentially more powerful.

The two of you will 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                      |                                                                    | RED                      |                                                                    |
|--------------------------|--------------------------------------------------------------------|--------------------------|--------------------------------------------------------------------|
| <input type="checkbox"/> | Cares deeply for their partner                                     | <input type="checkbox"/> | Cares deeply for their partner                                     |
| <input type="checkbox"/> | Fiercely loyal to the relationship                                 | <input type="checkbox"/> | Fiercely loyal to the relationship                                 |
| <input type="checkbox"/> | Always up for trying new things and encouraging you to do the same | <input type="checkbox"/> | Always up for trying new things and encouraging you to do the same |
| <input type="checkbox"/> | Sets the financial strategy                                        | <input type="checkbox"/> | Sets the financial strategy                                        |
| <input type="checkbox"/> | Keeps their word                                                   | <input type="checkbox"/> | Keeps their word                                                   |
| <input type="checkbox"/> | Tends to drive                                                     | <input type="checkbox"/> | Tends to drive                                                     |
| <input type="checkbox"/> | A doer who is keen to make things happen                           | <input type="checkbox"/> | A doer who is keen to make things happen                           |
| <input type="checkbox"/> | Attentive                                                          | <input type="checkbox"/> | Attentive                                                          |
| <input type="checkbox"/> | A confident leader                                                 | <input type="checkbox"/> | A confident leader                                                 |

## 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                      |                                                            | RED                      |                                                            |
|--------------------------|------------------------------------------------------------|--------------------------|------------------------------------------------------------|
| <input type="checkbox"/> | Puts their own interests first                             | <input type="checkbox"/> | Puts their own interests first                             |
| <input type="checkbox"/> | Work easily becomes more important than their relationship | <input type="checkbox"/> | Work easily becomes more important than their relationship |
| <input type="checkbox"/> | Demanding and arrogant                                     | <input type="checkbox"/> | Demanding and arrogant                                     |
| <input type="checkbox"/> | Reluctant to show insecurity or vulnerability              | <input type="checkbox"/> | Reluctant to show insecurity or vulnerability              |
| <input type="checkbox"/> | Overly critical of their partner                           | <input type="checkbox"/> | Overly critical of their partner                           |
| <input type="checkbox"/> | Insensitive                                                | <input type="checkbox"/> | Insensitive                                                |
| <input type="checkbox"/> | Unwilling to prioritise intimacy                           | <input type="checkbox"/> | Unwilling to prioritise intimacy                           |
| <input type="checkbox"/> | Poor listener                                              | <input type="checkbox"/> | Poor listener                                              |
| <input type="checkbox"/> | Needs to be right                                          | <input type="checkbox"/> | Needs to be right                                          |
| <input type="checkbox"/> | Selfish                                                    | <input type="checkbox"/> | Selfish                                                    |
| <input type="checkbox"/> | Find expressing emotions difficult                         | <input type="checkbox"/> | Find expressing emotions difficult                         |

## 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-RED RELATIONSHIP

The Red-Red relationship is ordered and purposeful.

You're both driven leaders in your own right so no matter what challenges you face, one of you will have a solution. Decisions are made quickly, with confidence which allows you to tackle things as a team with agility.

However, conflicts can and do arise in these relationships when you have different ideas and are both convinced that your way is right. Therefore, mastering compromise is the key to a healthy Red-Red relationship.

## MOTIVE

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

| RED     |
|---------|
| Control |

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

## 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-RED 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                                   |
|---------------------------------------|
| To be right                           |
| To be respected                       |
| To show others how competent they are |
| Approval of the people they respect   |

Reds find their needs are met by the opinions (a select group of) others but who these 'others' are will vary. Making enough space for each of you to get external validation from your respective groups 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-RED 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            |
|----------------------|
| Adventure            |
| Responsibility       |
| To please themselves |
| To be in charge      |

In principle, the two of you want the same things; however, the details will likely differ.

It's important to keep in mind that you're both leaders with a strong sense of what you want from life. When these desires align, you're an unbeatable partnership, and your relationship will be packed with joy and positive challenge. But when they don't, the two of you can butt heads over who comes first.

Pour into your partner's wants and you'll 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-RED 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                                                |
|----------------------------------------------------------|
| High productivity                                        |
| Wants to be in charge                                    |
| Welcomes change                                          |
| Logical                                                  |
| Insensitive                                              |
| Delegator                                                |
| Impatient                                                |
| Unforgiving but quick to move on                         |
| Tactless                                                 |
| Rebellious                                               |
| Responsible                                              |
| Does not seek advice                                     |
| Critical of others                                       |
| Poor listener                                            |
| Difficult to share feelings with                         |
| Doesn't love easily, but loves powerfully when committed |
| 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 RED-RED 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          |
|-------------------------|
| Power-orientated        |
| Selfish                 |
| Wants to look good      |
| Logical                 |
| Insensitive             |
| Productive              |
| Tactless                |
| Stubborn                |
| Arrogant                |
| Direct and self-assured |

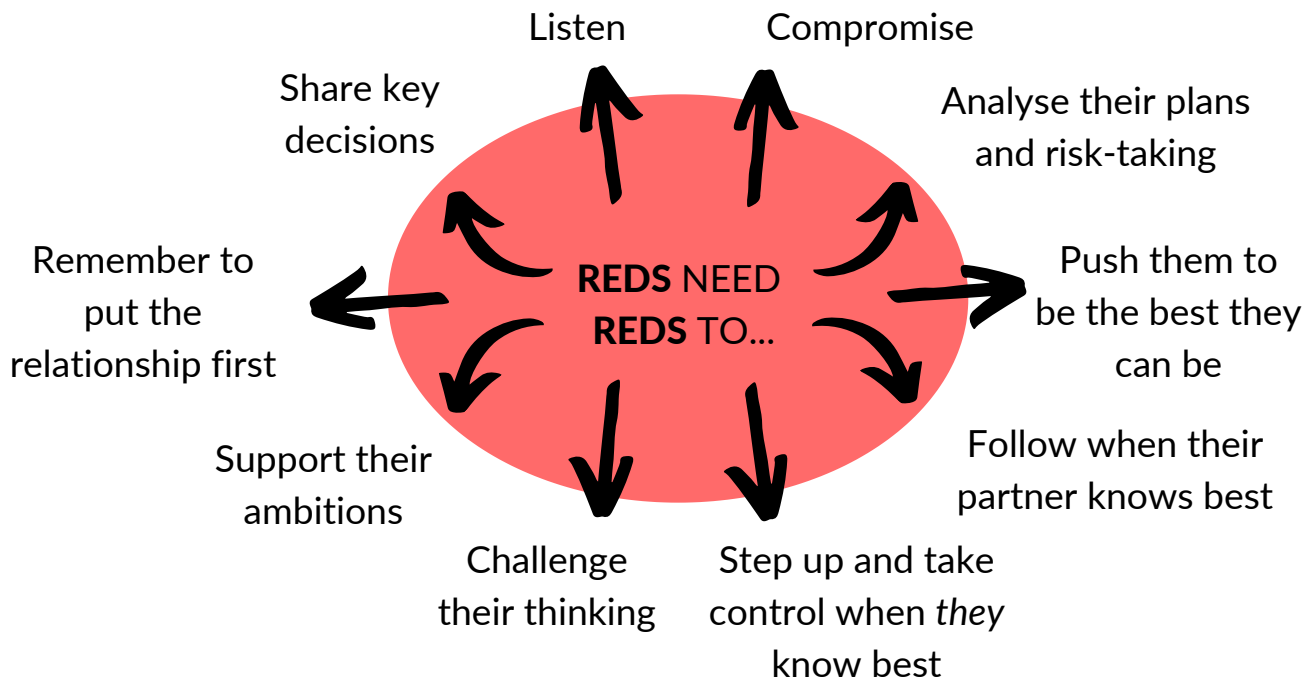
When we get into arguments, the specific topic is largely irrelevant more often than not. Instead, they're a result of violating one another's communication preferences. This leads to emotional and reactive conversations.

Though both of your communication preferences are the same, how they manifest will differ depending on the situation you find yourselves in. Keep this in mind, and 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?

A perfect relationship is not perfect, it's just that both people never give up.

A great marriage is not when the 'perfect couple' comes together. It is when an imperfect couple learns to enjoy their differences.

*Dave Meurer*

# 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:**

**[www.juicingthelemon.com](http://www.juicingthelemon.com)  
[angela@juicingthelemon.com](mailto:angela@juicingthelemon.com)  
07775 922892**