



JUICING
THE LEMON

COUPLES PERSONALITY PROFILE

The Red-Yellow Relationship



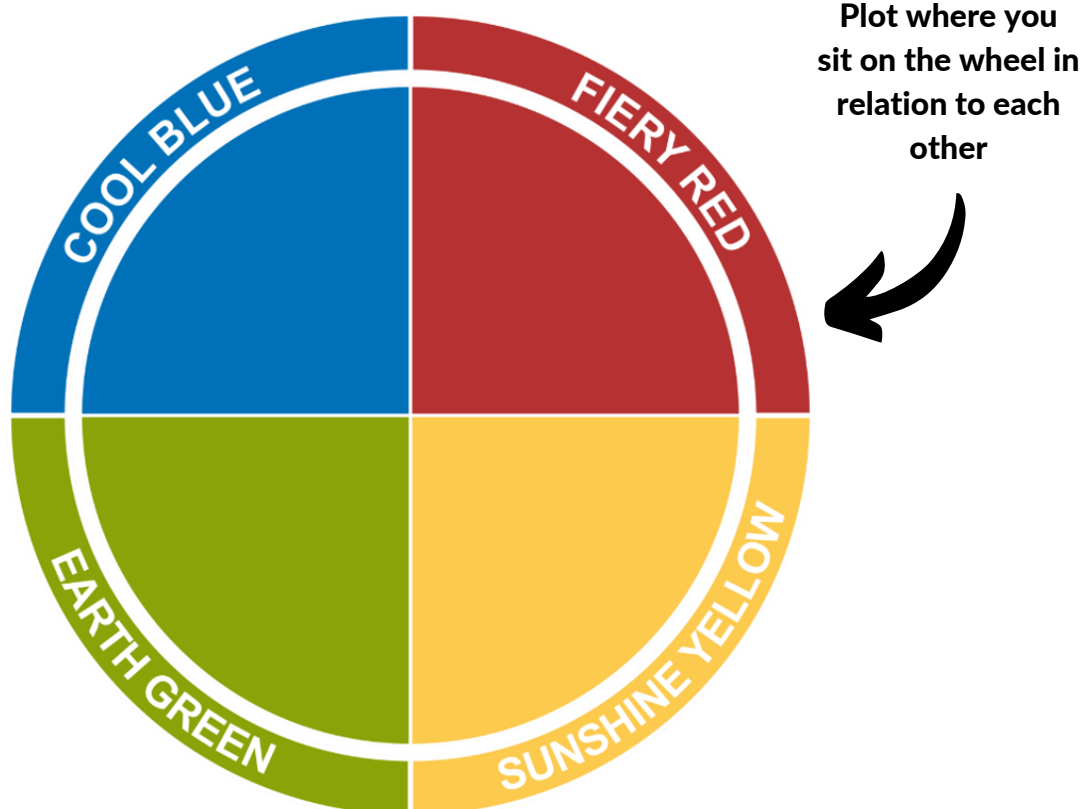
INTRODUCTION

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 RED-YELLOW RELATIONSHIP



The Red-Yellow relationship is packed with energy.

The drive, vision, and leadership brought by the Red partner is enhanced by the gregariousness and kindness of the Yellow.

Put the two together and it's like throwing lighter fluid on an already roaring fire!

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		YELLOW	
☐	Cares deeply for their partner	☐	Injects excitement into the relationship
☐	Fiercely loyal to the relationship	☐	Creatively romantic
☐	Always up for trying new things and encouraging you to do the same	☐	Happy to change and go with the flow
☐	Sets the financial strategy	☐	Risk-taker
☐	Keeps their word	☐	Sociable
☐	Tends to drive	☐	Always ready to lighten the mood
☐	A doer who is keen to make things happen	☐	Spontaneous
☐	Attentive	☐	Accepting of suggestions
☐	A confident leader	☐	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.

RED		YELLOW	
	Puts their own interests first		Needs validation from others
	Work easily becomes more important than their relationship		Talks a lot but can find it hard to take action
	Demanding and arrogant		Lies by omission
	Reluctant to show insecurity or vulnerability		Scattered and disorganised
	Overly critical of their partner		Flighty
	Insensitive		Unwilling to invest in personal growth
	Unwilling to prioritise intimacy		Self-centred
	Poor listener		Inconsistent communicator
	Needs to be right		Conversations centre around them
	Selfish		Not great in a crisis
	Find expressing emotions difficult		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 RED-YELLOW RELATIONSHIP

The Red-Yellow relationship is playful and free. Both parties are energetic and with the Red tempering some of the Yellows exuberance and the Yellow pushing the Red to really test their boundaries.

However, conflicts can and do arise in these relationships when the Red's demands for growth and development push against the Yellow's need for freedom and spontaneity. Turning this friction into healthy tension is the key to a happy Red-Yellow relationship.

MOTIVE

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

RED	YELLOW
Control	Fun

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

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 RED-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.

RED	YELLOW
To be right	A large network of connections
To be respected	To be praised
To show others how competent they are	To be popular
Approval of the people they respect	Acceptance of many

Reds are specific and particular in their needs, contrasting the Yellow's preference for the subjective approval of the majority. 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-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!

RED STYLE	YELLOW STYLE
Adventure	Freedom
Responsibility	Choice
To please themselves	To be seen
To be in charge	To resist authority

Reds and Yellows have wants that complement one another, though there are subtle (but important) differences. This means you'll both have to consciously work to maintain a healthy view of one another. Because, while you want similar things, the way you express those wants is different enough to cause snags here and there.

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-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.

RED STYLE	YELLOW STYLE
High productivity	Low productivity
Wants to be in charge	Always the centre of attention
Welcomes change	Loves change
Logical	Emotional
Insensitive	Oversensitive
Delegator	Delegator (but will also abdicate responsibility)
Impatient	Impatient
Unforgiving but quick to move on	Forgiving
Tactless	Tactless
Rebellious	Rebellious
Responsible	Irresponsible
Does not seek advice	Happy to seek advice, may or may not follow it
Critical of others	Accepting of others
Poor listener	Poor listener
Difficult to share feelings with	Easy to share feelings with
Doesn't love easily, but loves powerfully when committed	Loves very easily, but struggles to commit
Defies 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 RED-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.

RED PREFERENCE	YELLOW PREFERENCE
Power-orientated	Fun-orientated
Selfish	Selfish
Wants to look good	Wants to look good
Logical	Emotional
Insensitive	Careless communicator
Productive	Creative
Tactless	Tactless
Stubborn	Flighty
Arrogant	Boastful
Direct and self-assured	Confident, but evasive

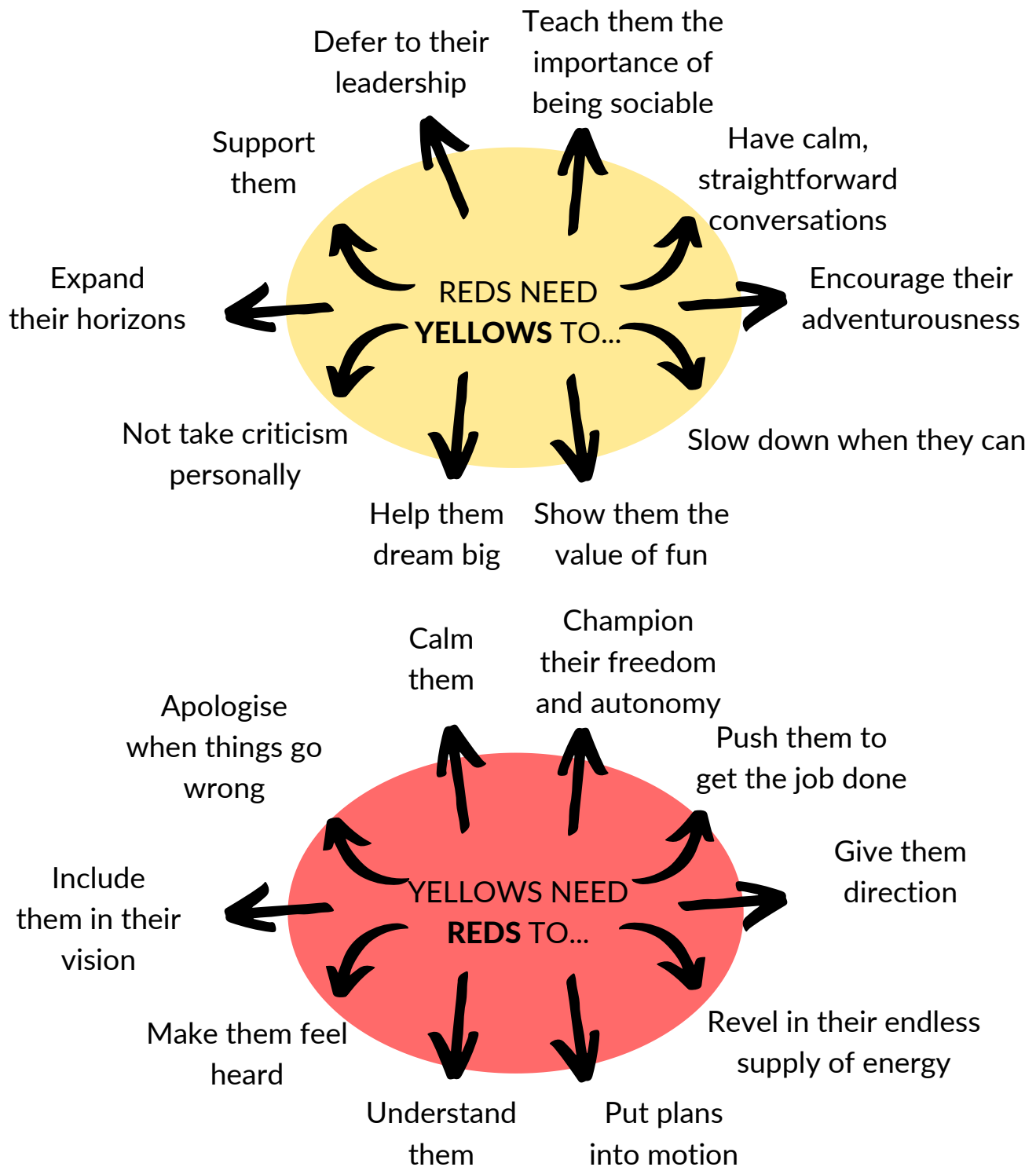
When we get into arguments, the specific topic is largely irrelevant more often than not. Instead, they're a result of violating one another's communication preferences. This leads to emotional and reactive conversations.

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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