



JUICING
THE LEMON

COUPLES PERSONALITY PROFILE

The Yellow-Yellow Relationship



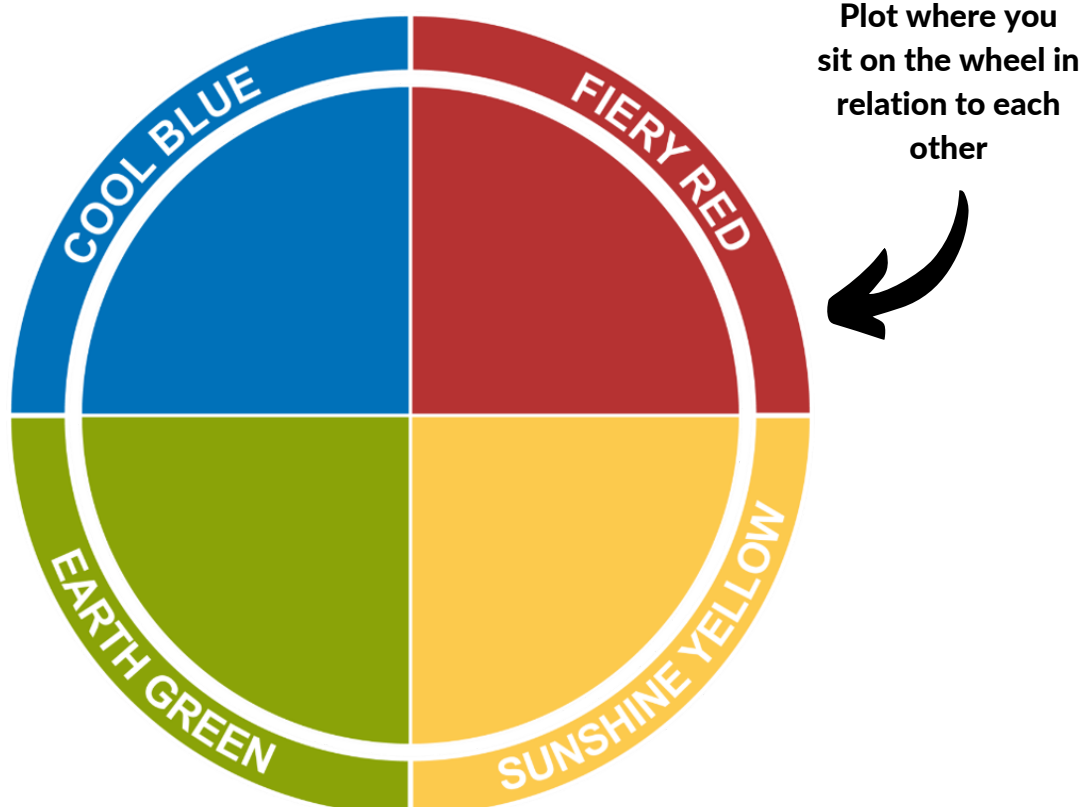
INTRODUCTION

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 YELLOW-YELLOW RELATIONSHIP



The Yellow-Yellow relationship is playful and bright.

You're both charismatic, adventurous people who are a joy to be around. You feed on one another's energy to create memorable experiences time and time again.

Your world is one packed with fun that other couples can only dream of!

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:

YELLOW		YELLOW	
☐	Injects excitement into the relationship	☐	Injects excitement into the relationship
☐	Creatively romantic	☐	Creatively romantic
☐	Happy to change and go with the flow	☐	Happy to change and go with the flow
☐	Risk-taker	☐	Risk-taker
☐	Sociable	☐	Sociable
☐	Always ready to lighten the mood	☐	Always ready to lighten the mood
☐	Spontaneous	☐	Spontaneous
☐	Accepting of suggestions	☐	Accepting of suggestions
☐	Ever curious	☐	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.

YELLOW		YELLOW	
☐	Needs validation from others	☐	Needs validation from others
☐	Talks a lot but can find it hard to take action	☐	Talks a lot but can find it hard to take action
☐	Lies by omission	☐	Lies by omission
☐	Scattered and disorganised	☐	Scattered and disorganised
☐	Flighty	☐	Flighty
☐	Unwilling to invest in personal growth	☐	Unwilling to invest in personal growth
☐	Self-centred	☐	Self-centred
☐	Inconsistent communicator	☐	Inconsistent communicator
☐	Conversations centre around them	☐	Conversations centre around them
☐	Not great in a crisis	☐	Not great in a crisis
☐	Fails to take things seriously	☐	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 YELLOW-YELLOW RELATIONSHIP

No two days are ever the same in a Yellow-Yellow relationship.

You both thrive in high-energy environments that offer plenty of opportunity for adventure and risk. Your magnetic personalities attract large numbers of people into your orbit, so you'll never be short of social engagements.

However, conflicts can and do arise in these relationships when things get boring. Without lots of external stimulation, playful banter can devolve into malicious sniping. Mastering those quiet times is the key to a healthy Yellow-Yellow relationship.

MOTIVE

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

YELLOW
Fun

Fun: In this context, *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 YELLOW-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.

YELLOW
A large network of connections
To be praised
To be popular
Acceptance of many

Yellows find their needs are met through the approval and praise of others. There's nothing wrong with this, but be aware that this external focus can cause you to lose sight of the relationship with your partner. Remember to be present and place just as much value on your partner's praise and acceptance as you do on other people's.

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 YELLOW-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!

YELLOW STYLE
Freedom
Choice
To be seen
To resist authority

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 optimistic dreamers who love excitement and adventure. This energy is infections. However, when things get serious you can struggle, butt heads, and retreat to your networks.

Remember to 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 YELLOW-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.

YELLOW STYLE
Low productivity
Always the centre of attention
Loves change
Emotional
Oversensitive
Delegator (but will also abdicate responsibility)
Impatient
Forgiving
Tactless
Rebellious
Irresponsible
Happy to seek advice, may or may not follow it
Accepting of others
Poor listener
Easy to share feelings with
Loves very easily, but struggles to commit
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 YELLOW-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.

YELLOW PREFERENCE
Fun-orientated
Selfish
Wants to look good
Emotional
Careless communicator
Creative
Tactless
Flighty
Boastful
Confident, but evasive

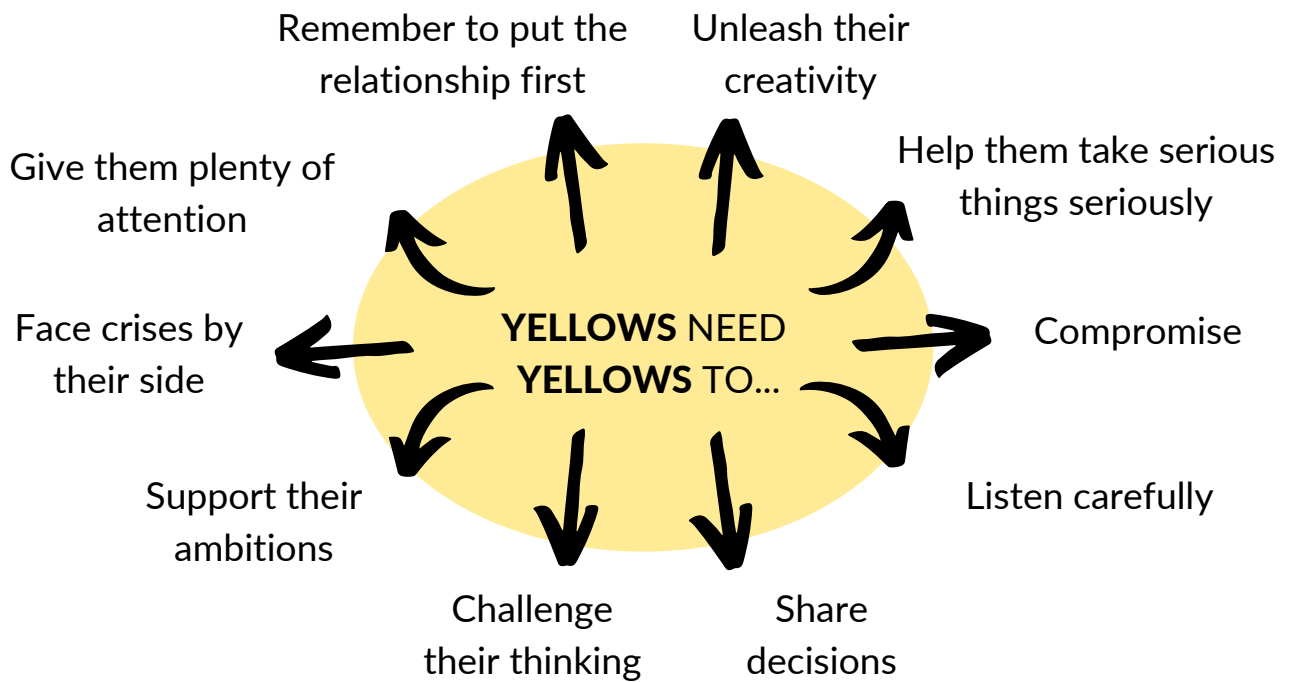
When we get into arguments, the specific topic is largely irrelevant more often than not. Instead, they're a result of violating one another's communication preferences. This leads to emotional and reactive conversations.

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 and we'll chat!

Angela



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