

Compatibility Test

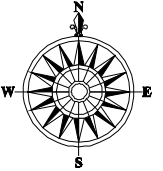
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|---------------|--|
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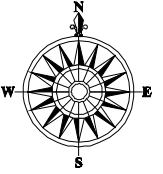
Disclaimer

Please note that this report is not designed to diagnose or cure medical or psychological disorders.



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Your Behavior

The overall behaviour of a person is composed of a number of individual personality types that are adopted according to different external stimuli. The quality of the interpersonal interactions between two people is determined by the compatibility of these personality types.

This section is designed to highlight your specific behaviour in a relationship by identifying your main individual personality types and their associated attributes.

The analysis of your questionnaire indicates that your behaviour is composed of the following personality types:-

Sociable/ Confident/ Domineering

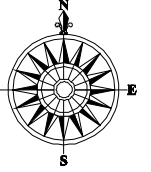
Attributes

- Highly sociable
- Creative
- Relaxed
- Extrovert
- Usually very popular
- Skilled diplomat
- Skilled negotiator
- Often either out and about with friends or on the phone to them.

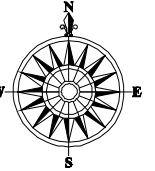
Sociable (This tends to be your primary personality type in the relationship, i.e. this is the personality type that you feel most comfortable in exhibiting)

- Highly self-controlled
- Organised
- Mature in behaviour
- Self assured and confident
- Trusting
- A good communicator
- Take charge without dominating

Confident



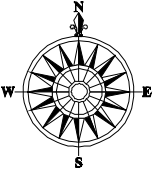
- Dynamic
 - Outgoing
 - Impulsive
 - Impatient
 - Domineering
 - Always looking for patterns in discussions
 - Compulsive
 - Thrive on challenges
- } Domineering



By recognising the strengths and weaknesses associated with your behaviour, it becomes possible to establish interpersonal boundaries that permit a more successful relationship.

Strengths

- You can think on your feet.
 - Your positive and optimistic nature can be a valuable influence on your partner's morale.
 - You do tend to always be looking to extend your social circle and as such you have plenty of friends other than just your relatives or your partner.
 - You will constantly be firing your partner with enthusiasm and preventing the relationship from stagnation and inertia.
 - You are compatible with most personality types as you are naturally communicative, sociable and tolerant.
- } Sociable
-
- You have the ability to stay focused.
 - You are the unifying force within the relationship.
 - You have a natural air of authority about you.
 - You are adept at spotting and harnessing your partner's talent.
 - You have the ability to set expectations and any relationship boundaries.
 - You are usually highly respected by your partner.
- } Confident



- You love to set challenges and be challenged.
- You are achievement oriented.
- You want result and will push your partner to achieve them.
- You do not hold grudges after a row.
- You try to change the way in which you and your partner's efforts are applied, directing setting of objectives and priorities.
- You also seek to impose some pattern to your relationship and its outcome.
- Your natural role is to shape and focus the relationship.
- You are always looking for patterns in discussions in order to unit ideas, objectives and practical considerations into a single goal.
- Your compulsive drive to make things happen makes you a natural leader.
- You can appear confident, even though you are often full of self-doubt.
- You thrive in politically charged situations because you tend to rise above the problems and carry on regardless.

Domineering

Weaknesses (Attributes that must be kept in check)

- You can be manipulative.
- You tend to delegate your chores to others.

} Confident

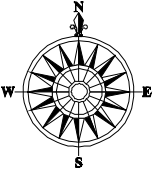
- You rely too much on stimulation from other people, particularly from your partner.
- Your enthusiasm flags very quickly if you don't get a positive feedback.
- You are prone to loose interest once something gets underway and therefore may fail to follow things through.

} Sociable

- Nervous energy
- Often edgy – sometimes verging on paranoid.
- Your need to achieve result will often lead to rows.
- Once you have a goal or an objective, you expect your partner to also abide by it.

} Domineering

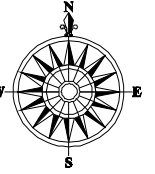
Please see the appendix for your guide to keeping these attributes in check.



Guide your Partner to be more compatible

Personality types your partner should develop or foster

A number of personality types are listed below to ensure compatibility with your specific behaviour. Therefore your partner should develop or foster as many of these as possible to improve the chances of behavioural compatibility between you.



Your partner must try to adopt a “Caring” personality type by being:

- Supportive
- Sensitive
- Sociable
- A good listener
- Loyal
- Diplomatic
- Mild natured
- Perceptive
- Uncompetitive

The main reasons why a “Caring” personality type is compatible with you

Theirs

Yours

Emotionally Sensitive

Emotionally Mature

Sociable

Confident with people

Good Listner

Good Communicator

Loyal

Trusting

Supportive

Good delegator

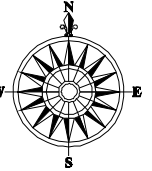
Uncompetitive

Comfortable with taking charge

Your partner must try to adopt a “Dutiful” personality type by being:

- Organised
- Have good common sense
- Self -disciplined
- Hard working
- Systematic
- Loyal

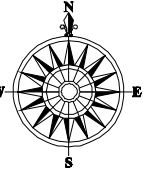
| The main reasons why a “Dutiful” personality type is compatible with you | |
|---|---------------------|
| <u>Theirs</u> | <u>Yours</u> |
| Disciplined | Disciplined |
| Loyal | Trusting |
| Hard working | Prefer to delegate |
| Common sense | Emotionally mature |



Your partner must try to adopt a “Sociable” personality type by being:

- Sociable
- Creative
- Relaxed
- Extrovert
- Popular with your friends and family
- A skilled diplomat
- A skilled negotiator

| The main reasons why a “Sociable” personality type is compatible with you | |
|--|---|
| <u>Theirs</u> | <u>Yours</u> |
| Sociable | Outgoing |
| Extrovert | Impulsive |
| Skilled negotiator | Looking for patterns in discussions. |
| Skilled Diplomat | Always trying to change the way you and your partner’s efforts are applied. |



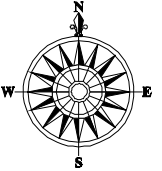
Personality types your partner should avoid

Certain personality types are highly incompatible with you, and will result in behavioural conflicts. As such, your partner must avoid exhibiting the following personality types.

Your partner must not adopt a “Domineering” personality type by being:

- Dynamic
- Outgoing
- Impulsive
- Impatient
- Domineering
- Always looking for patterns in discussions
- Compulsive
- Thrive on challenges

| The main reasons why a “Domineering” personality type is NOT compatible with you | |
|---|-----------------------|
| <u>Theirs</u> | <u>Yours</u> |
| Compulsive | Self-control |
| Impulsive | Disciplined |
| Dominating | Prefer to take charge |
| Will not worry about hurting other people’s feeling | Diplomatic |

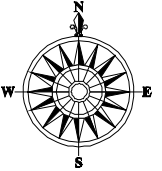


Your partner must not adopt a “Perfectionist” personality type by being:

- Conscientious
- Perfectionist
- Anxious
- Worrier

| |
|---|
| The main reasons why a “Perfectionist” personality type is NOT compatible with you |
|---|

| |
|--|
| This is because you are by nature an extrovert where as the “Perfectionist” is an introvert. This will ultimately lead to arguments. |
|--|

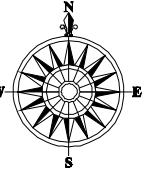


Your partner must not adopt a “Single-Minded” personality type by being:

- Dedicated to acquiring highly specialised skills.
- Highly focused and single minded.
- Self-starter.

| |
|---|
| The main reasons why a “Single-Minded” personality type is NOT compatible with you |
|---|

| |
|---|
| The problem here will be one of irreconcilable differences in life styles and the lack of likelihood of any complementary accommodation. A “Single minded” is an introvert who is too focused on their specialised hobby or work, where as you are by nature an extrovert who enjoys socialising. |
|---|



Your partner must not adopt a “Creative” personality type by being:

- Artistic, highly creative or intellectually intelligent.
- Original thinker
- Serious minded
- Unorthodox

The main reason why a “Creative” personality type is NOT compatible with you

Theirs

Dismissive of your opinions

Sensitive to criticism

Prefers not to be pressured when faced with problems.

Yours

Domineering

Out spoken

You want result and you have no problem pressurising your partner to achieve it.

Taking you for a night out

Your partner should:

- Ensure your night out is organised, structured and formal.
- Only plan a surprise if they tell you in advance that they have planned “a surprise”, including a rough idea of what you might expect.
- Avoid the details of any topic of conversation and be prepared for a wide-ranging discussion.
- Take you to interesting venues.
- Treat you with respect.

To have a constructive discussion with you

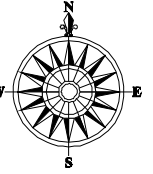
Your partner should:

- Establish the purpose of the discussion at the earliest opportunity.
- Remember that you will constantly be thinking about the implications of what is being discussed and its consequences on you.
- Not back down too easily if in the right, and use reference to other people's views on the topic of discussion.
- Give reasons and alternatives if the topic of discussion is to disagree with you.
- Not take issues with your point of view and ideas until absolutely necessary.
- Summaries, and stick to, what is agreed in conclusion.

Motivating you

Your partner should:

- Encourage you to achieve results in your own way.
- Encourage you to utilise the strengths of your friends and family.
- Encourage you to get out and about.
- Encourage you to meet people.
- Listen to what you have to say.
- Not pressurise you into doing things yourself.
- Refer to your ability to overcome obstacles and the fact that you can achieve what ever you set your mind to.
- Provide you with challenges to overcome as your personality thrives on pressure and challenges.
- Motivate you by demonstrating that they depend on you.
- Acknowledge your achievements by giving you extrinsic rewards.



Appendix

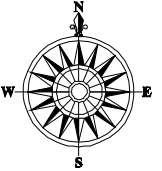
Self-help guide

You need to keep the following attributes in check:-

- You can be manipulative.
 - You tend to delegate your chores to others.
- } Confident

- You rely too much on stimulation from other people, particularly from your partner.
 - Your enthusiasm flags very quickly if you don't get a positive feedback.
 - You are prone to loose interest once something gets underway and therefore may fail to follow things through.
- } Sociable

- Nervous energy
 - Often edgy – sometimes verging on paranoid.
 - Your need to achieve result will often lead to rows.
 - Once you have a goal or an objective, you expect your partner to also abide by it.
- } Domineering



To help you with the tendency to “**Manipulate**”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you feel a need to “Manipulate” your partner.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that made you feel a need to “Manipulate” your partner.

- a)
- b)
- c)

For each instance, think about what you were thinking or feeling at the time that led to you “manipulating” your partner.

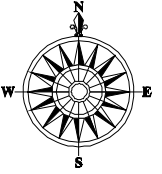
- a)
- b)
- c)

Considering the above, find a common denominator between them.

Considering the common denominator, for each incident decide how you could have controlled your need to “Manipulate”.

- a)
- b)
- c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with the tendency to “**Delegate your personal work**”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you feel a need to “Delegate your personal work”.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that made you feel a need to “Delegate your personal work”.

a)

b)

c)

For each instance, think about what you were thinking or feeling at the time that led you to “delegating your personal work”.

a)

b)

c)

Considering the above, find a common denominator between them.

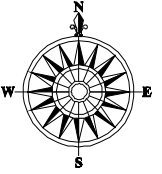
Considering the common denominator, for each incident decide how you could have controlled your need to “Delegate your personal work”.

a)

b)

c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with the tendency where you “**rely too much on stimulation from others**”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you tend to “rely too much on stimulation from others”.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that made you feel you needed “stimulation from others”.

- a)
- b)
- c)

For each instance, think about what you were thinking or feeling at the time that made you feel “you needed stimulation from others”.

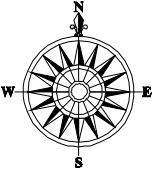
- a)
- b)
- c)

Considering the above, find a common denominator between them.

Considering the common denominator, for each incident decide how you could have controlled your tendency to “rely too much on stimulation from others”.

- a)
- b)
- c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with the tendency for your “**enthusiasm to flag very quickly if you don’t get a positive feedback**”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you feel a “need for positive feedback”

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that made you feel a “need for positive feedback”.

- a)
- b)
- c)

For each instance, think about what you were thinking or feeling at the time that made you feel “you needed positive feedback”.

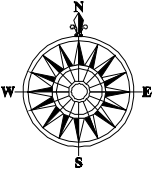
- a)
- b)
- c)

Considering the above, find a common denominator between them.

Considering the common denominator, for each incident decide how you should have dealt with your “need for positive feedback”.

- a)
- b)
- c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with the tendency to “fail to follow things through to the end”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you feel you “fail to follow things through to the end”.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that where you “failed to follow things through to the end”.

a)

b)

c)

For each instance, think about what you were thinking or feeling at the time that made you “fail to follow things through to the end”.

a)

b)

c)

Considering the above, find a common denominator between them.

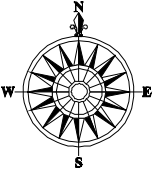
Considering the common denominator, for each incident decide how you should have dealt with your “failure to follow things through to the end”.

a)

b)

c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with the tendency of having “Nervous Energy”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you have “nervous energy”.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that made you feel you had “Nervous Energy”.

- a)
- b)
- c)

For each incident, think about what you were thinking and feeling at the time when you felt the “Nervous Energy”?

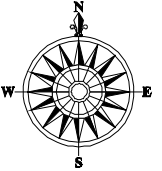
- a)
- b)
- c)

Considering the above, find a common denominator between them.

Considering the common denominator, for each incident decide how you could have controlled your “Nervous Energy”.

- a)
- b)
- c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with the tendency to be “often edgy or paranoid”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you feel a need to be edgy.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that made you feel “Edgy or paranoid”.

a)

b)

c)

For each incident, think about what you were thinking and feeling at the time that you felt “Edgy or paranoid”.

a)

b)

c)

Considering the above, find a common denominator between them.

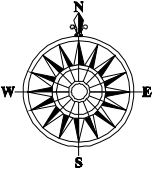
Considering the common denominator, for each incident decide how you could have controlled being “edgy or paranoid”.

a)

b)

c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with your need to “Achieve Result”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you feel a need to “Achieve Result”.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three incidents that made you feel you had to “Achieve Result” at any cost.

- a)
- b)
- c)

For each incident, think about what you were thinking and feeling at the time that you felt a need to “Achieve Result”.

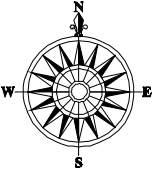
- a)
- b)
- c)

Considering the above, find a common denominator between them.

Considering the common denominator, for each incident decide how you could have focused and controlled your need to “Achieve Result”.

- a)
- b)
- c)

Next time you are faced with a similar situation, try putting this into practice.



To help you with the “**Expecting your partner to also abide by your plans and objective**”: -

Discuss this with your partner and decide if your partner considers it to be of concern.

YES (If yes then continue) **NO** (If no then ignore this page)

If YES, you need to firstly decide within yourself why you feel a need for your partner to “Abide by your plans”.

Following guide is to assist you with a plan to keep this attribute in check: -

List the last three instances that made you expect your partner to “Abide by your plans”.

- a)
- b)
- c)

For each incident, think about what you were thinking and feeling at the time to make you have this expectation of your partner.

- a)
- b)
- c)

Think about the above and find a common denominator between them all.

Considering the common denominator, for each instant decide how you could have achieved your plans without having such an expectation of your partner.

- a)
- b)
- c)

Next time you are faced with a similar situation, try putting this into practice.