

Marriage Counselling

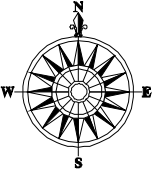
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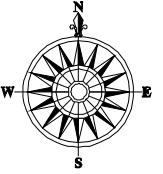
Important

Please note that this is a marriage counselling service and as such is not designed to diagnose or cure medical or psychological disorders.



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Your Current Behavior

The overall behaviour of a person is composed of a number of individual Personality Types, which are adopted in response to external stimuli. The interactions between these Personality Types within two individuals will ultimately determine their behavioural compatibility. It is therefore vital to the success of a relationship to determine the individual Personality Types of each partner in order to ascertain what needs to be done to make the couple more behaviourally compatible.

Peter's behaviour:

The analysis of your questionnaire indicates that your behaviour is composed of the following Personality Types:

Perfectionist/ Objective/ Creative/ Dutiful

Attributes

- Conscientious
- Perfectionist
- Anxious
- Worrier

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

- Intelligent
- Stable
- Shrewd judge
- Objective thinker
- Emotionally Reserved
- Always fair and balanced
- Extremely good at analysing complex situations

Objective

- Highly creative
 - Highly Intelligent
 - Original thinker
 - Serious minded
 - Unorthodox
- } Creative

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

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

Strengths

- | | | |
|---|---|---------------|
| <ul style="list-style-type: none"> <input type="checkbox"/> You are not happy until you have checked every detail. <input type="checkbox"/> You always see your chores through to completion. <input type="checkbox"/> You have the ability to come across as calm, even when you are quite anxious inside. <input type="checkbox"/> Although you are not particularly assertive, you transmit a sense of urgency that permeates your partner. <input type="checkbox"/> You hardly ever fail to complete your chores. | } | Perfectionist |
| <ul style="list-style-type: none"> <input type="checkbox"/> You are very good at analysing situations and people. You have the natural ability to be dispassionate when weighing up all the pros and cons. <input type="checkbox"/> You seldom make a bad decision. <input type="checkbox"/> You often prevent your partner from committing any effort to a misguided course of action. <input type="checkbox"/> You tend not to criticise your partner for just the sake of it, but often because you can see a flaw in their plan, argument or behaviour. <input type="checkbox"/> Your judgements are highly objective and they are rarely clouded by personal or egotistical considerations. | } | Objective |

- You have a natural skill in being creative.
 - You have the ability to think in a radical, imaginative and lateral way.
 - You enjoy having intellectual or creative discussions.
- } Creative
-
- You are very good at converting your partner's needs into defined manageable tasks.
 - You are happy to do any task that needs to be done, regardless of whether you personally enjoy doing it or not.
 - You like to create order.
 - You are very good at drawing up schedules or setting up procedures for you and your partner to operate in.
 - You have an exceptional readiness to address the particular demands that your partner may make on you.
- } Dutiful

Weaknesses (Attributes that must be kept in check)

- Being conscientious means that you constantly, and at times unduly, worry about what may go wrong.
- You find it hard to show your true feelings and emotions.
- You can be intolerant of your partner's carelessness.
- You find it hard to delegate. This is because you are a perfectionist by nature and as such tend not to trust your partner to finish a task to your satisfaction.
- Being a perfectionist also means that you will never meet the high standards that you set yourself.

Perfectionist

- You can come across as emotionally reserved.
- You take your time to reach a conclusion.
- You can be hard to motivate.
- You can be tactless and even damaging to your partner's morale because you tend to express your views bluntly.

Objective

- You lose interest quickly.
 - The combination of being highly creative and individualistic means you are sensitive to criticism and praise.
 - The fact that you are highly creative and intelligent means that you are often dismissive of your partner's opinion.
 - Being highly creative and intelligent means that you sometimes find it hard to simplify your thoughts and feelings so that others can understand and appreciate them. You therefore expect your partner to adjust to you.
- } Creative
-
- You are uncomfortable in the face of sudden change.
 - You can be seen as inflexible and prone to resisting change.
- } Dutiful

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

Julia's behaviour:

The analysis of your questionnaire indicates that your behaviour is composed of the following Personality Types:

Domineering/ Sociable/ Objective/ Creative

Attributes

- | | | |
|---|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Dynamic <input type="checkbox"/> Outgoing <input type="checkbox"/> Impulsive <input type="checkbox"/> Impatient <input type="checkbox"/> Domineering <input type="checkbox"/> Always looking for patterns in discussions <input type="checkbox"/> Compulsive <input type="checkbox"/> Thrive on challenges | } | <p>Domineering
 (This tends to be your primary Personality Type in the relationship, i.e. this is the Personality Type that you feel most comfortable exhibiting)</p> |
| <ul style="list-style-type: none"> <input type="checkbox"/> Highly sociable <input type="checkbox"/> Creative <input type="checkbox"/> Relaxed <input type="checkbox"/> Extrovert <input type="checkbox"/> Usually very popular <input type="checkbox"/> Skilled diplomat <input type="checkbox"/> Skilled negotiator <input type="checkbox"/> Often either out and about with friends or on the phone to them. | } | <p>Sociable</p> |

- Intelligent
- Stable
- Introverted
- Shrewd judge
- Objective thinker
- Emotionally Reserved
- Always fair and balanced
- Extremely good at analysing complex situations

Objective

- Highly creative
- Highly Intelligent
- Original thinker
- Serious minded
- Unorthodox

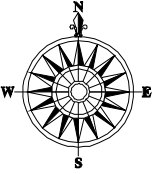
Creative

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 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



- 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 are very good at analysing situations and people. You have the natural ability to be dispassionate when weighing up all the pros and cons.
- You seldom make a bad decision.
- You often prevent your partner from committing any effort to a misguided course of action.
- You tend not to criticise your partner for just the sake of it, but often because you can see a flaw in their plan, argument or behaviour.
- Your judgements are highly objective and they are rarely clouded by personal or egotistical considerations.

Objective

- You have a natural skill in being creative.
- You have the ability to think in a radical, imaginative and lateral way.
- You enjoy having intellectual or creative discussions.

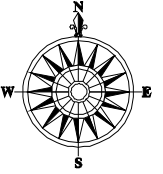
Creative

Weaknesses (Attributes that must be kept in check)

- 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

- 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

- You can come across as emotionally reserved.
 - You take your time to reach a conclusion.
 - You can be hard to motivate.
 - You can be tactless and even damaging to your partner's morale because you tend to express your views bluntly.
- } Objective



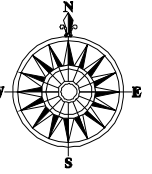
- You lose interest quickly.
- The combination of being highly creative and individualistic means you are sensitive to criticism and praise.
- The fact that you are highly creative and intelligent means that you are often dismissive of your partner's opinion.
- Being highly creative and intelligent means that you sometimes find it hard to simplify your thoughts and feelings so that others can understand and appreciate them. You therefore expect your partner to adjust to you.

Creative

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

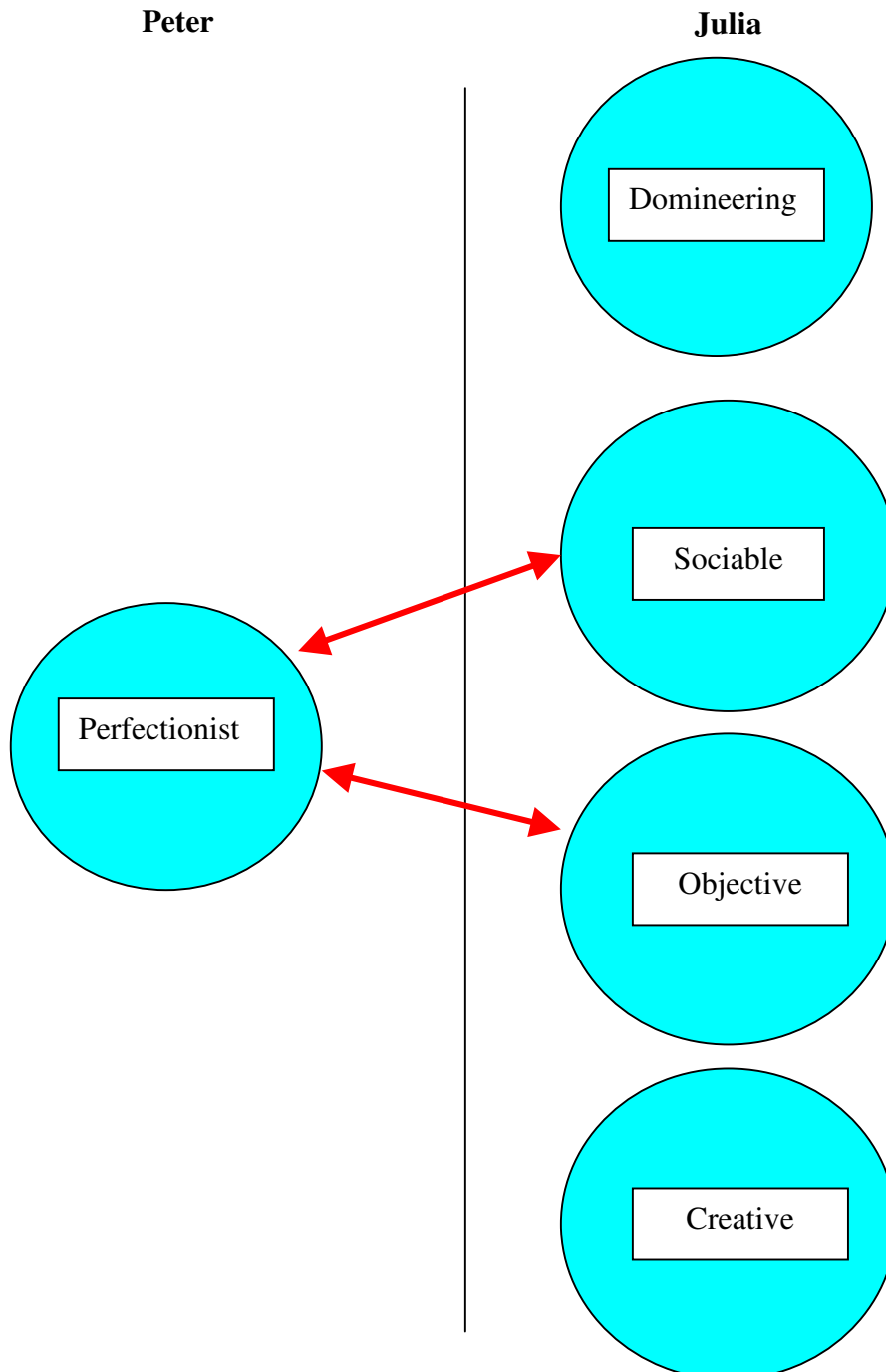
Counselling

The aim of this chapter is to highlight your interaction with one another, thereby identifying the root cause of your behavioural conflicts and how you could overcome them to become more behaviourally compatible.

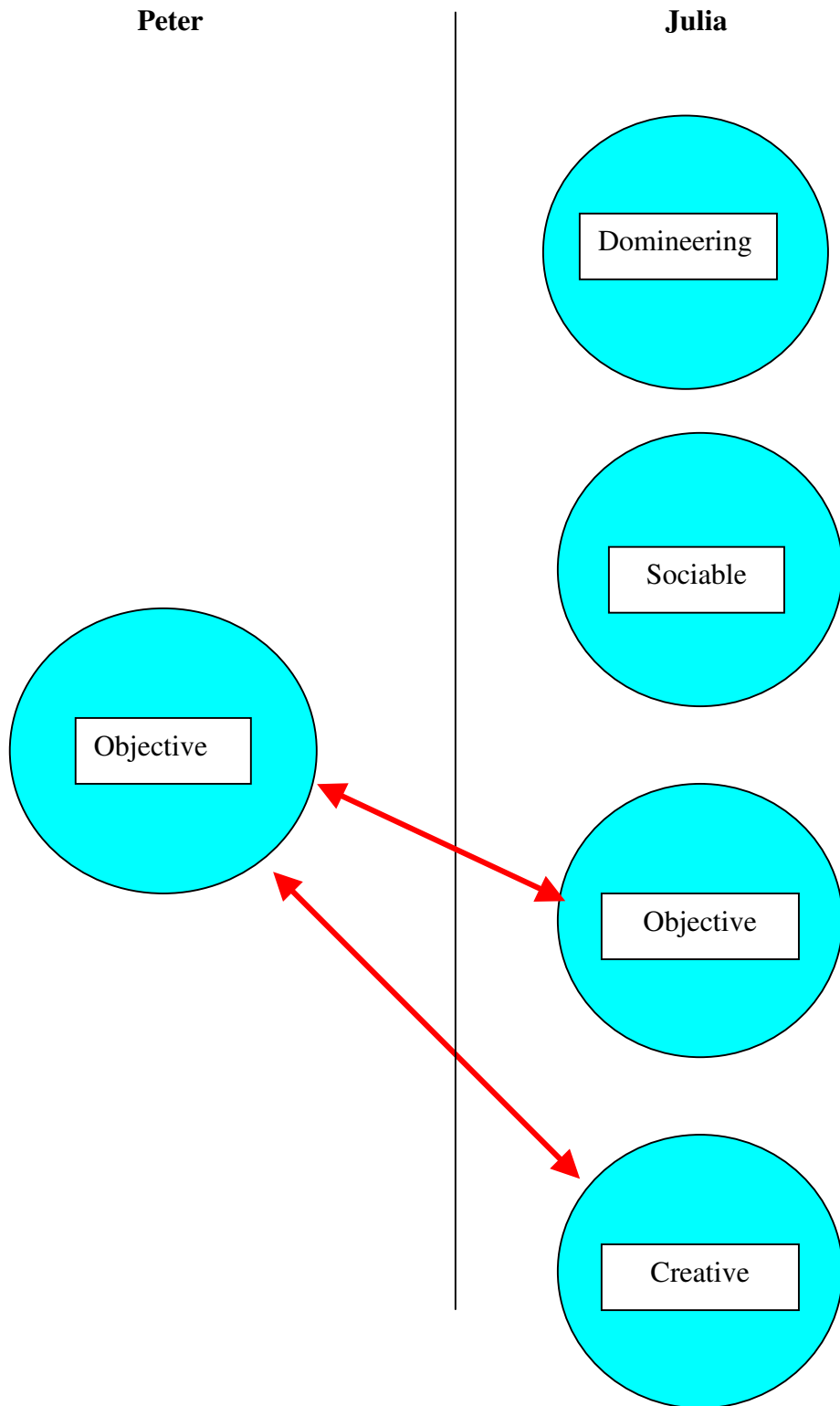
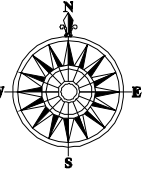


Peter's interaction with Julia

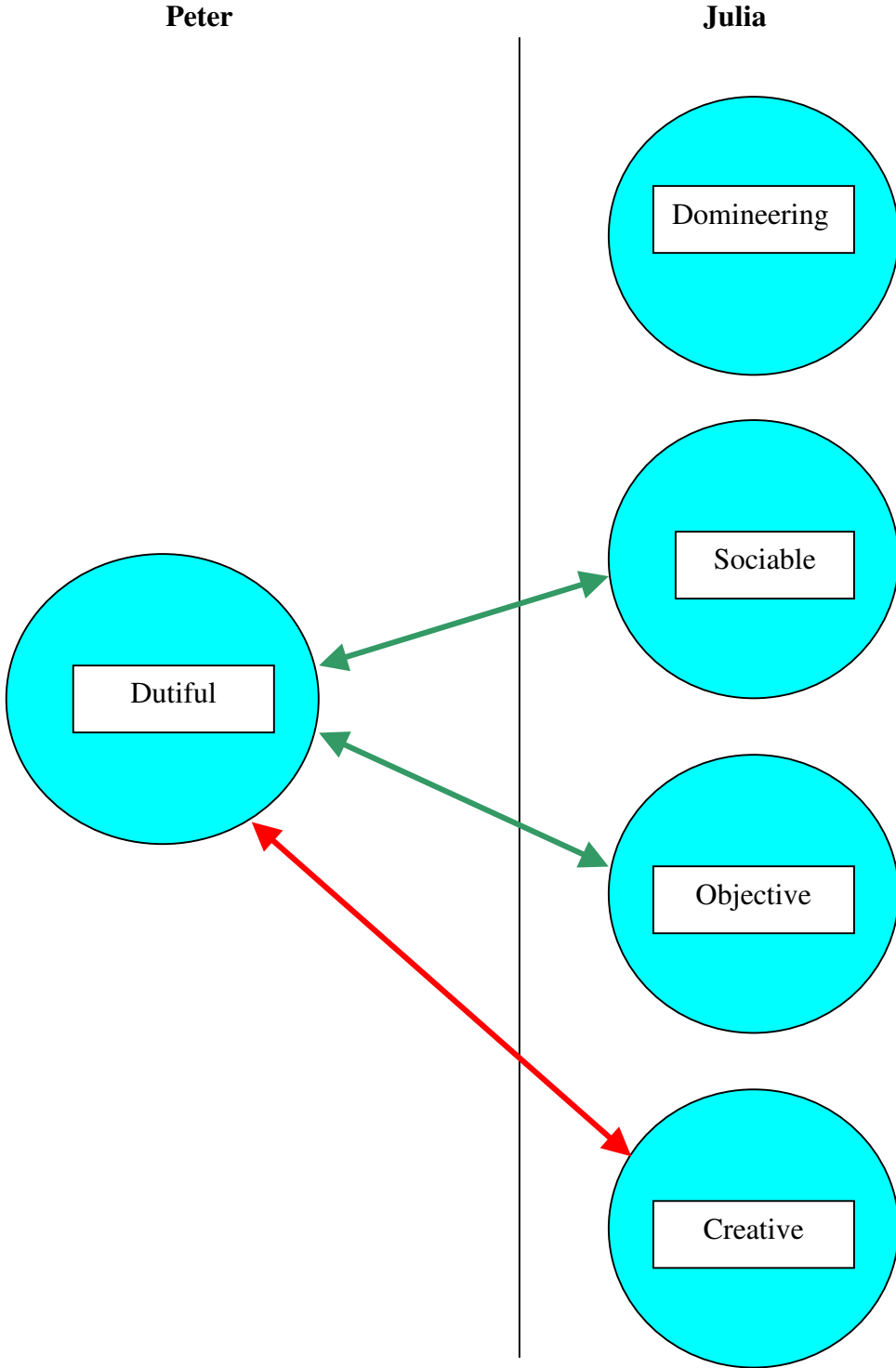
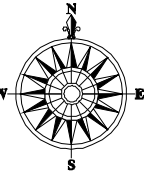
The following are diagrammatic representations of how each of Peter's Personality Types interacts with those of Julia:



↔ Red arrows indicates highly incompatible interactions

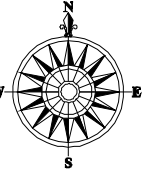


↔ Red arrows indicates highly incompatible interactions



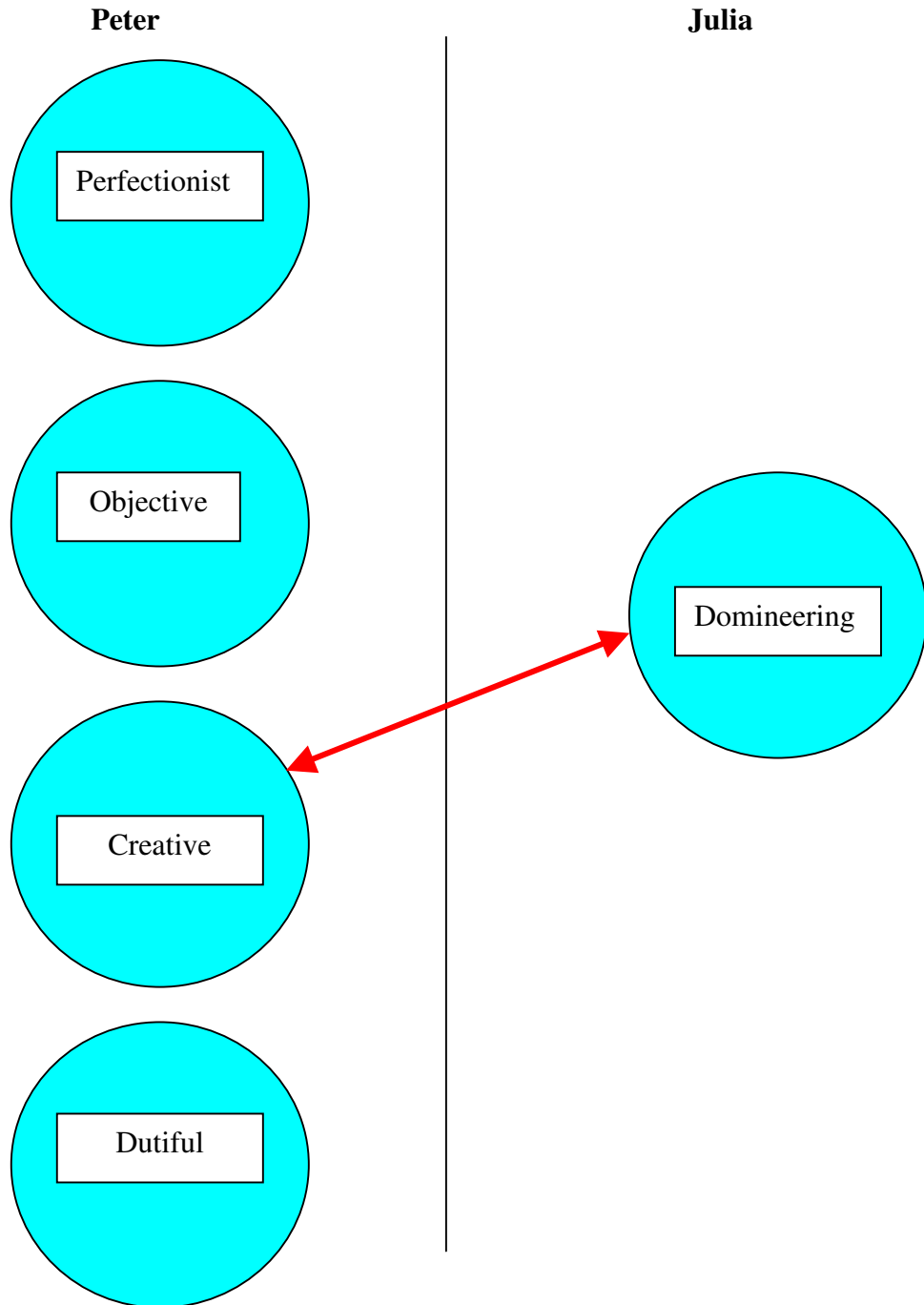
↔ Green arrows indicates highly compatible interactions

↔ Red arrows indicates highly incompatible interactions

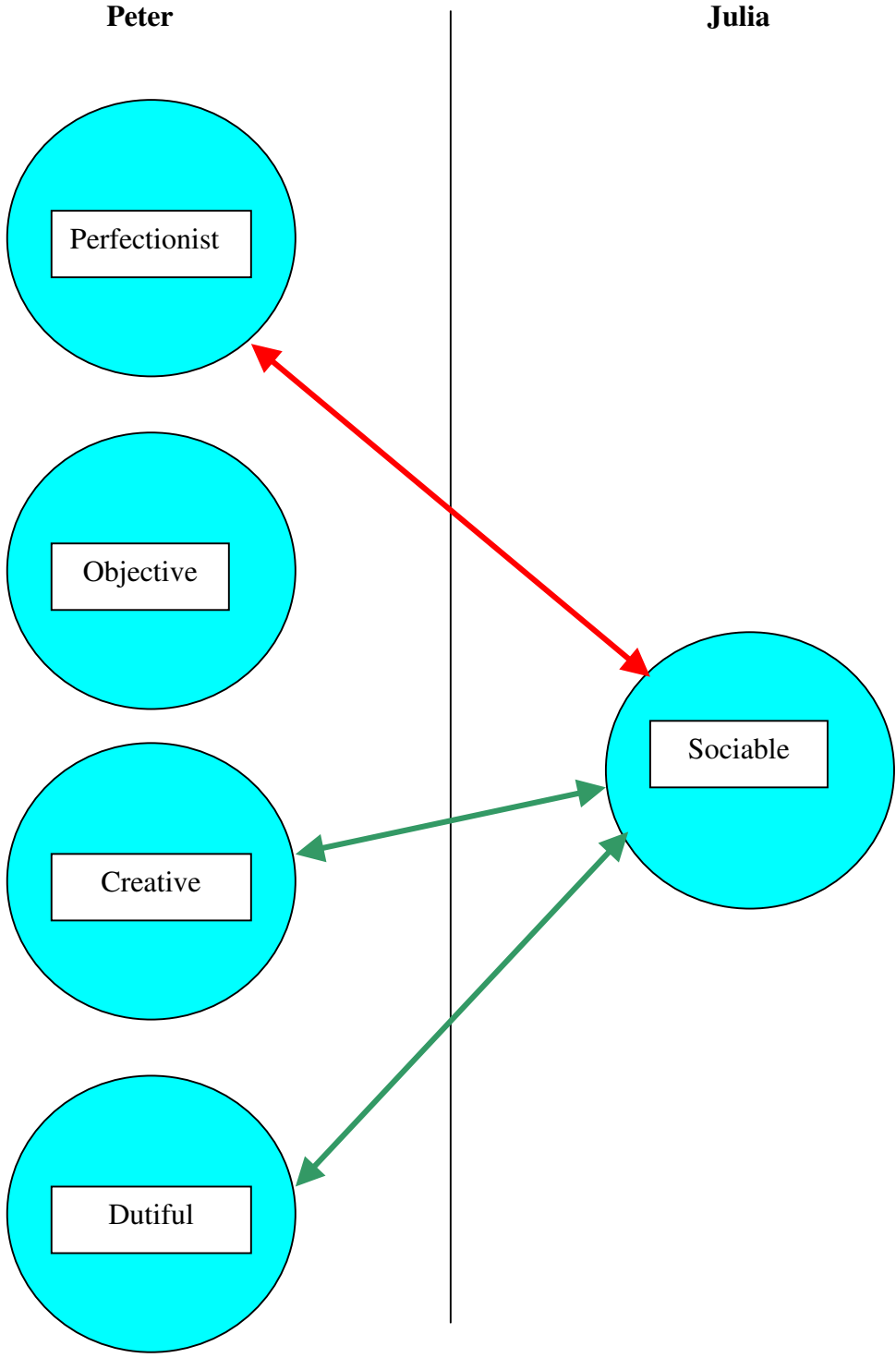
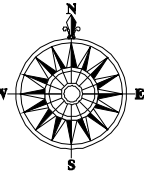


Julia's interaction with Peter

The following are diagrammatic representations of how each of Julia's Personality Types interacts with those of Peter:

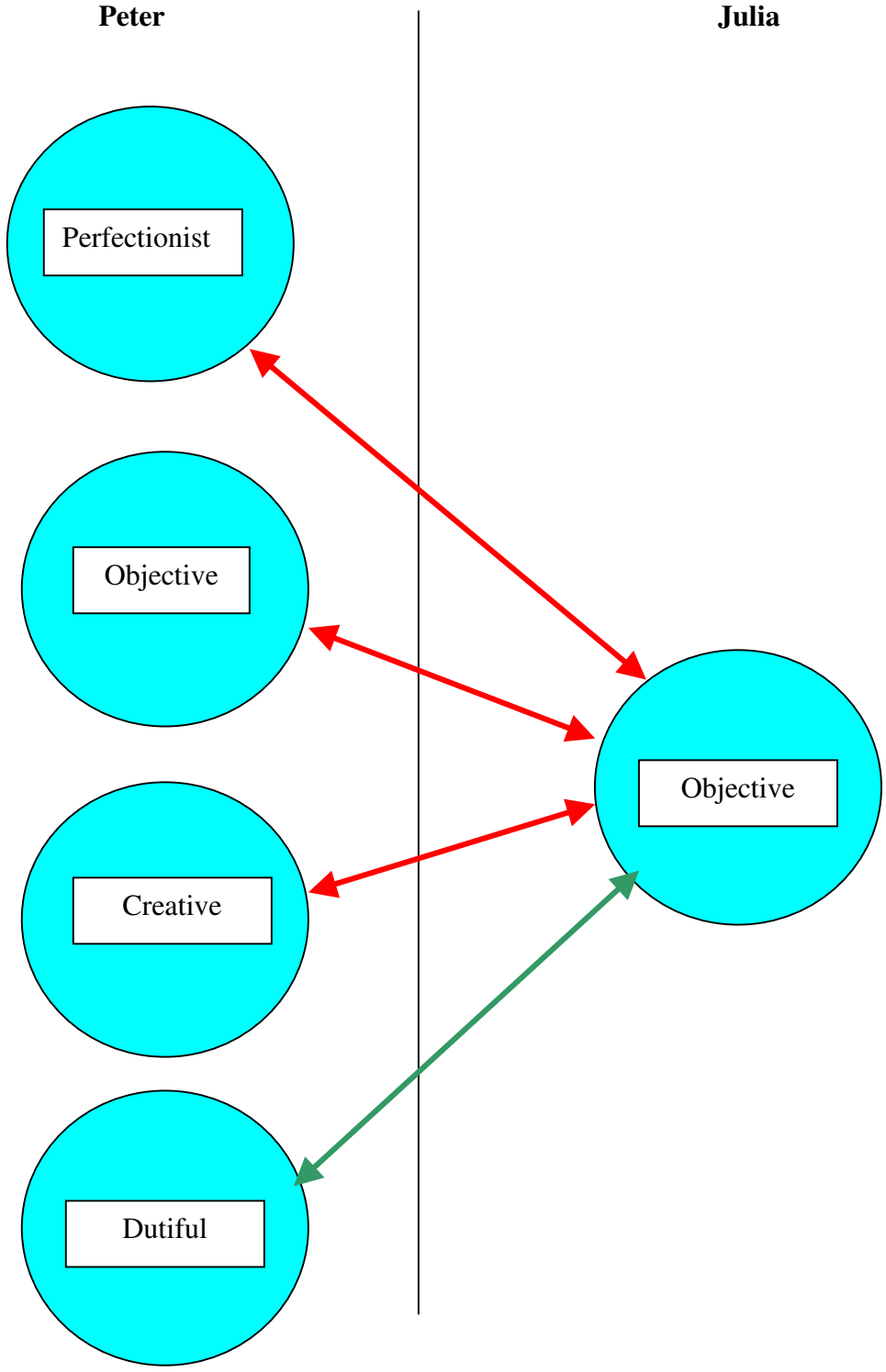
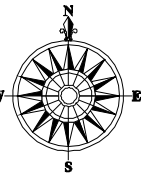


↔ Red arrows indicates highly incompatible interactions



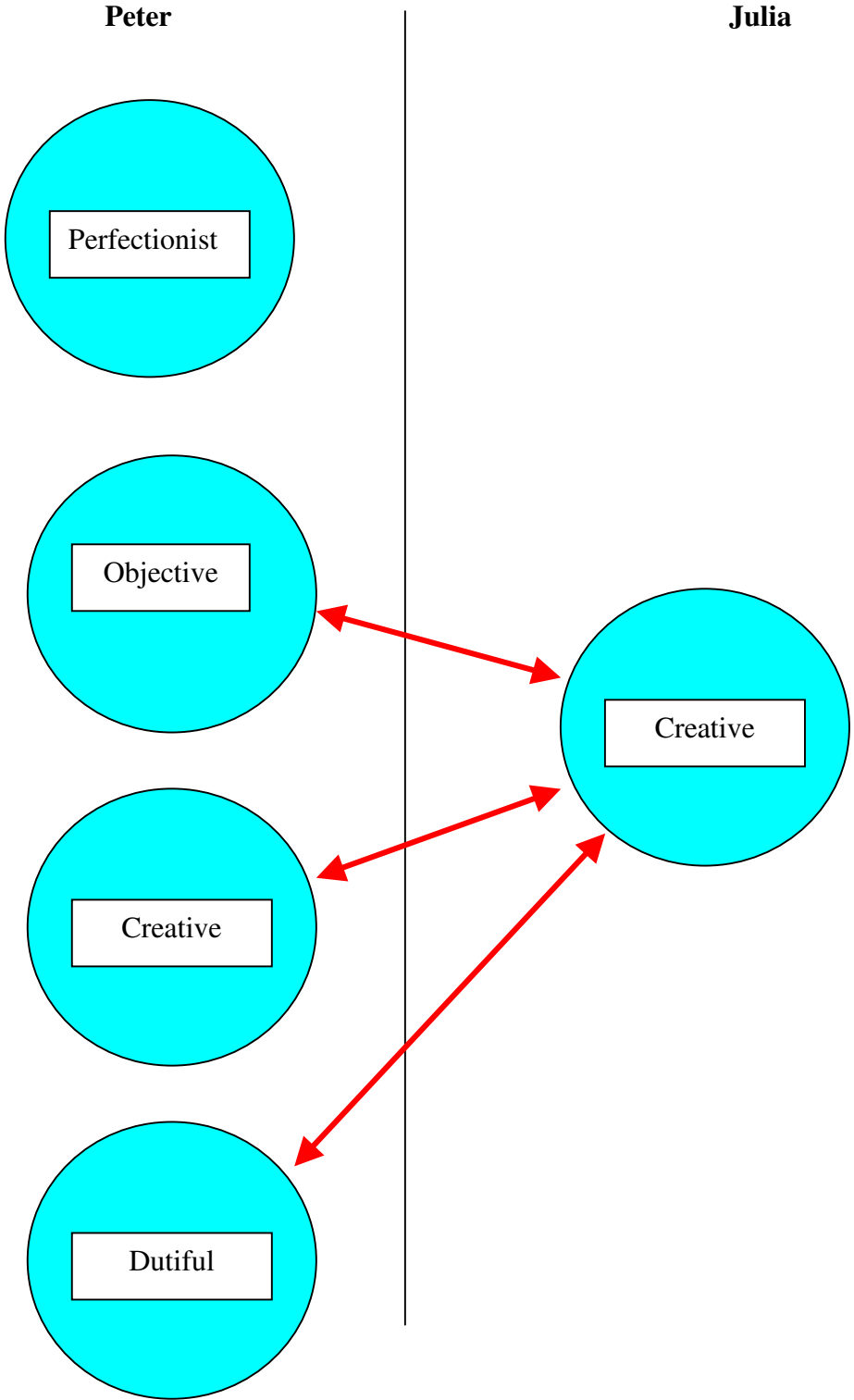
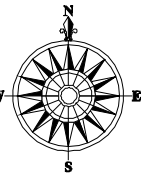
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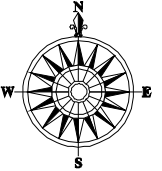


↔ Green arrows indicates highly compatible interactions

↔ Red arrows indicates highly incompatible interactions



↔ Red arrows indicates highly incompatible interactions



The root cause of your behavioural dispute

The analysis of your questionnaires indicates that the root cause of your behavioural dispute is primarily due to the interactions involving your “Creative” and “Objective” sides. Unfortunately, you both possess these Personality Types in your behaviours, therefore it is important to develop an appreciation as to the reason why these interactions are so detrimental to your relationship and what you need to do to overcome them.

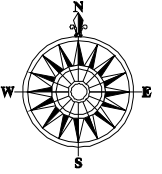
The interactions involving your “Objective” sides

Why are the interactions between two “Objective” Personality Types incompatible?

An “Objective” Personality Type feels a need to analyse every single detail before making a decision, which means when you both adopt this Personality Type neither of you will be happy unless you have had ample time to analyse things until fully satisfied. This will inevitably lead to frustration and arguments. In addition to this, “Objective” Personality Types tend to also be overly blunt and tactless with their comments, which will serve to further fuel any arguments.

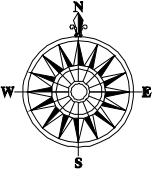
Why are “Objective” Personality Types incompatible with the “Creative” types?

This incompatibility stems from opposing approaches to life. “Objective” Personality Types are realist by nature, which means they prefer to analyse all the facts before making a decision, whereas “Creative” Personality Types thrive on using their intuition and creativity. This will naturally lead to conflicts and arguments. In addition to this, as mentioned earlier, “Objective” Personality Types tend to be blunt and overly direct at times, which means they can easily offend the “Creative” Personality Type’s overly sensitive nature. For this reason it is vital that you avoid the interactions involving your “Objective” and “Creative” Personality Types.



Why is Julia’s “Objective” Personality Types incompatible with Peter’s “Perfectionist” side?

As mentioned earlier, an “Objective” Personality Type feels a need to analyse every situation before making a decision. Equally, a “Perfectionist” Personality Type has a need to ensuring every detail is checked in order to prevent mistakes. Therefore the interaction between these two Personality Types means your disagreements and debates over every small decision will inevitably lead to frustration and arguments.



The interactions involving your “Creative” sides

Why is Peter’s “Creative” Personality Types incompatible with Julia’s “Domineering” side?

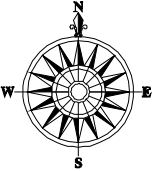
“Creative” Personality Type tends to be overly sensitive to criticism and prefers not to be pressed when faced with a problem. However a “Domineering” Personality Type tends to be overly blunt and out spoken at times and will certainly not hesitate in pressing others for result (It is important to point out that Julia behaves in this manner only because she feels you both will benefit from the outcome). This interaction will undoubtedly result in Peter feeling hurt and offended by the way Julia behaves towards him. Considering Julia’s primary Personality Type is a “Domineering”, it is highly recommended that Peter should avoid adopting his “Creative” side (please see page 29) when interacting with Julia.

Why are the interactions involving two “Creative” Personality Types incompatible?

“Creative” Personality Types tend to possess poor communication skills, yet tend to be over sensitive to criticism. Therefore this makes a recipe for disaster, as you will fail to communicate effectively enough to avoid offending one another.

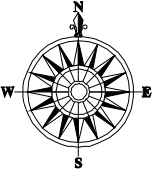
Why is Julia’s “Creative” Personality Type incompatible with Peter’s “Dutiful” Side?

This incompatibility arises from opposing approaches to life as a whole. Julia’s “Creative” Personality Type relies heavily on intuition and welcomes new possibilities, where as Peter’s “Dutiful” Personality Type is a realist and slow to respond to new possibilities. Naturally these opposing approaches to life will inevitably lead to frustration and conflict.



The interactions involving Peter’s “Perfectionist” and Julia’s “Sociable” sides

It is also important to mention that Peter’s “Perfectionist” side is also incompatible with Julia’s “Sociable” side. This is because when Peter adopts his “Perfectionist” Personality Type, he will view Julia’s “Sociable” side as careless and erratic, equally Julia will view Peter’s “Perfectionist” side as fussy and restricting. Although this is not as serious as the other incompatible interactions involving the “Creative” and the “Objective” Personality Types, it is never the less important to recognise that this incompatibility also exists, specially as Peter’s primary Personality Type is one of a “Perfectionist.



Addressing the root cause of your behavioural disputes

In order to avoid behavioural clashes between you, it is important that you **BOTH**:

- 1) Familiarize yourselves with the attributes associated with the “Creative” and “Objective” Personality Types (please see the previous chapter, pages 4 and 10, of this report for the break down of what these attributes are).
- 2) Once you have familiarized yourselves with these attributes, try to recognize and identify them in yourself and your partner as and when they occur, especially when interacting with one another.
- 3) Once you are able to identify the attributes associated with the “Creative” and “Objective” Personality Type, it is vital to avoid exhibiting these attributes when in each other’s company. By avoiding the attributes associated with a specific Personality Type, you will be able to avoid adopting that Personality Type altogether. However, it is not necessary, or recommended, that you suppress your “Creative” or “Objective” sides when you are not in each other’s company, as it may be a necessary quality for other aspects of your life e.g. work or in interacting with other people.
- 4) Additionally, it is also important that Julia recognises when Peter has adopted a “Perfectionist” role by recognising its associated attributes (please see page 4). In doing so, Julia will know when to avoid adopting her “Sociable” side to prevent a behavioural incompatibility (It is only in this circumstance that Julia should avoid exhibiting her “Sociable” side). The reason it is easier for Julia to do this than for Peter to suppress his “Perfectionist” side is because it is Peter’s primary Personality Type, therefore suppressing it will be extremely hard.

Please Note: By avoiding the attributes associated with a specific Personality Type, you will in effect avoid adopting that Personality Type altogether.

How should Julia communicate with Peter?

Julia should:

- Be well prepared and consistent in her approach, ensuring that all the pros and cons of what is being discussed are presented and listed.
- Quantify any associated risks.
- Not make Peter repeat himself.
- Treat any issue as a 'shared' problem.
- Be formal.
- Show respect for Peter's views and opinion.
- Play it by the book and recognise rules.
- Play down the implications or consequences on any established routines brought about as the result of any discussions.
- Not be quick to attack Peter's ideas on the grounds of impracticality as, being highly intelligent, Peter probably has a valid reason for suggesting them.
- Steer the discussion towards a solution.

How should Peter communicate with Julia?

Peter should:

- Establish the purpose of the discussion at the earliest opportunity.
- Be well prepared, ensuring that all the pros and cons of what is being discussed are listed and presented.
- Be prepared to argue the case using logical, rational and measurable criteria.
- Quantify any associated risks.
- Treat any issue as a 'shared' problem and demonstrate how Julia will also benefit from what is being proposed.
- Give reasons and alternatives if the topic of discussion is to disagree.
- Not be quick to attack Julia's ideas on the grounds of impracticality as, being highly intelligent, Julia probably has a valid reason for suggesting them.
- Not take issues with Julia's point of view and ideas until absolutely necessary.
- Steer the discussion towards a solution.
- Summaries, and stick to, what is agreed in conclusion.

How should Julia motivate Peter?

Julia should:

- Make it clear that she values Peter's high standards and contribution at both personal and interpersonal levels.
- Ask for Peter's advice but then give him the freedom to analyse all the pros and cons.
- Take an interest in the details of what ever Peter does.
- Enable Peter to develop his creativity, or intellectually stimulating pursuits.
- Give Peter enough freedom to utilise his full potential.
- Should not restrict Peter with rules and regulations.
- Appeal to Peter's sense of practical realism.
- Give Peter lots of praise and recognition.
- Ensure that Peter has a feeling of order in his life.
- Clearly define any objectives and milestones.

How should Peter motivate Julia?

Peter should:

- Provide Julia with the reassurance that he depends on her.
- Providing Julia with challenges to overcome, as her personality thrives on pressure.
- Refer to Julia's ability to overcome obstacles and the fact that she can achieve what ever she set her mind to.
- Enable Julia to develop her creativity, or intellectually stimulating pursuits.
- Provide Julia with regular praise and acknowledge her achievements by giving her extrinsic rewards.
- Give Julia enough freedom to utilise her full potential.
- Should not restrict Julia with rules and regulations.
- Ask Julia for advice but then give her the freedom to analyse all the pros and cons.
- Encourage Julia to get out and about.
- Encourage Julia to meet people.
- Listen to what Julia has to say.
- Give Julia credit and recognition where credit is due.