

Marriage Counselling

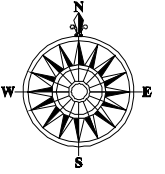
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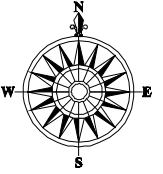
Important

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 behavior of a person is composed of a number of individual personality types that are adopted in response to external stimuli. The rapport between two people is determined by the compatibility of the personalities they adopt during their interaction. It is therefore vital to identify which personalities are compatible with yours and which are not.

This section is designed to highlight your behavior in a relationship by identifying the individual personality components that make up your over all behavior.

Sally's behavior:

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

Sociable/ Creative/ Confident

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 exhibiting)

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

Creative

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

By recognising the strengths and weaknesses associated with your behavior, 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 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 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

Weaknesses (Attributes that must be kept in check)

- 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 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 and communicate your thoughts and feelings so that others can understand and appreciate them.
- } Creative
-
- You can be manipulative.
 - You tend to delegate your chores to others.
- } Confident

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

Tom's behavior:

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

Objective/ Dutiful/ Perfectionist

Attributes

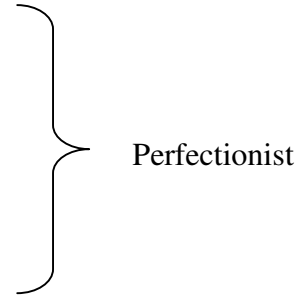
- Intelligent
- Stable
- Introverted
- Shrewd judge
- Objective thinker
- Emotionally Reserved
- Always fair and balanced
- Extremely good at analysing complex situations

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

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

Dutiful

- Conscientious
- Perfectionist
- Anxious
- Worrier

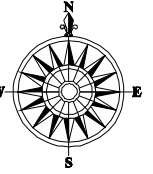


By recognising the strengths and weaknesses associated with your behavior, it becomes possible to establish interpersonal boundaries that permit a more successful relationship.

Strengths

- 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 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



- You are not happy until you have checked every detail.
- You always see your chores through to completion.
- You have the ability to come across as calm, even when you are quite anxious inside.
- Although you are not particularly assertive, you transmit a sense of urgency that permeates your partner.
- You hardly ever fail to complete your chores.

Perfectionist

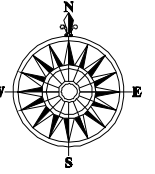
Weaknesses (Attributes that must be kept in check)

- | | | |
|---|---|---------------|
| <ul style="list-style-type: none"> <input type="checkbox"/> You can come across as emotionally reserved. <input type="checkbox"/> You take your time to reach a conclusion. <input type="checkbox"/> You can be hard to motivate. <input type="checkbox"/> You can be tactless and even damaging to your partner's morale because you tend to express your views bluntly. | } | Objective |
| <ul style="list-style-type: none"> <input type="checkbox"/> You are uncomfortable in the face of sudden change. <input type="checkbox"/> You can be seen as inflexible and prone to resisting change. | } | Dutiful |
| <ul style="list-style-type: none"> <input type="checkbox"/> Being conscientious means that you constantly, and at times unduly, worry about what may go wrong. <input type="checkbox"/> You find it hard to show your true feelings and emotions. <input type="checkbox"/> You can be intolerant of your partner's carelessness. <input type="checkbox"/> 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. <input type="checkbox"/> Being a perfectionist also means that you will never meet the high standards that you set yourself. | } | Perfectionist |

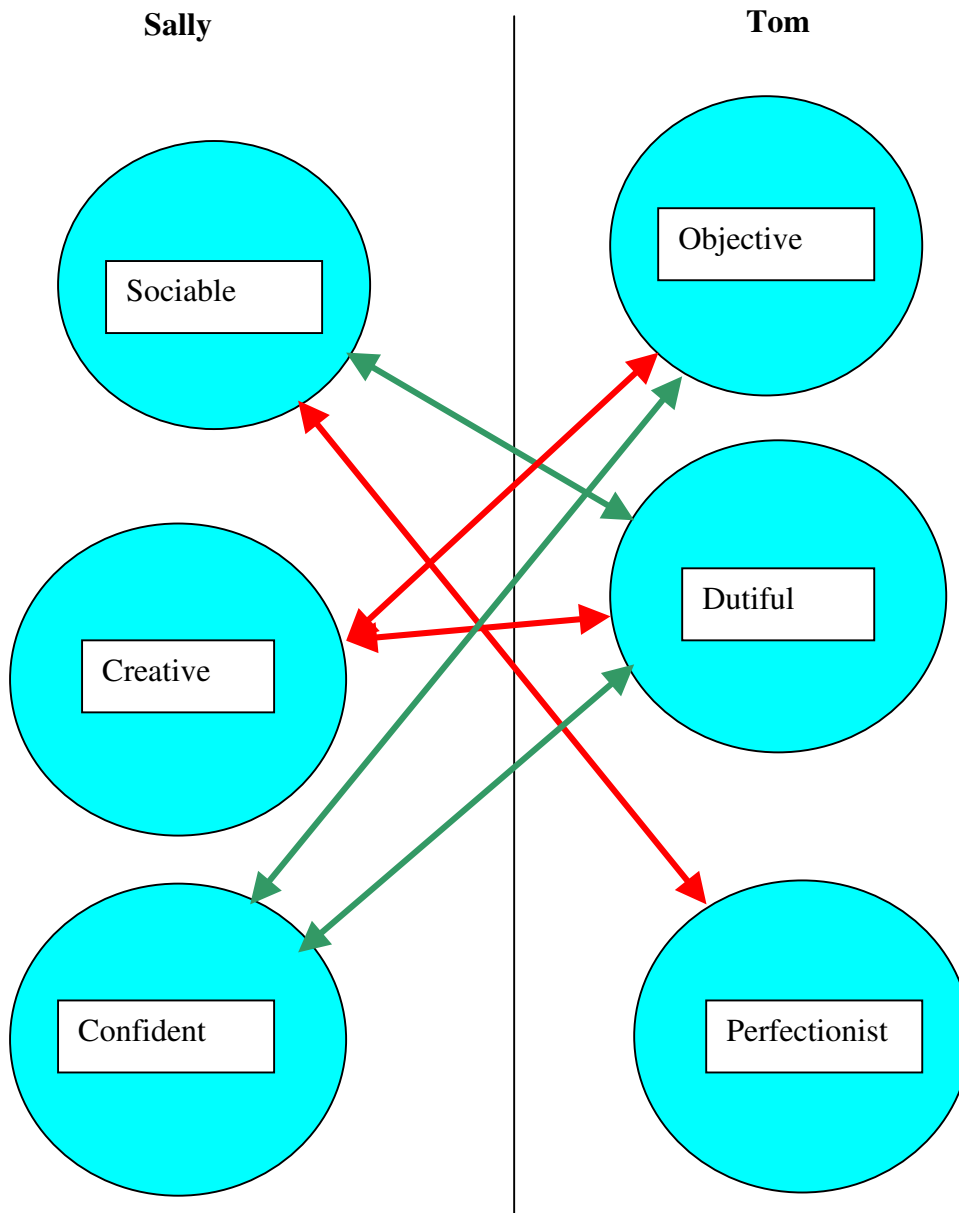
Please see the appendix for your guide to keeping these attributes in check.

Counselling

The aim of this chapter is to highlight how you could become more behaviorally compatible.



The diagram below is intended to highlight your most and least compatible behavioral interactions.



↔ Green arrows indicates highly compatible interactions
↔ Red arrows indicates highly incompatible interactions

The root cause of your behavioral dispute:

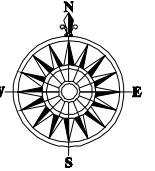
The analysis of your questionnaire shows that the root cause of your behavioral disputes are due to the interactions that involve Sally's "Creative" and Tom's "Perfectionist" Personality Types. It is therefore important to appreciate why these two personality types are the cause of your behavioural conflicts.

In Sally's case, her "Creative" side is totally incompatible with Tom's "Objective" and "Dutiful" Personality Types. In adopting a "Creative" personality type, Sally becomes highly creative, unorthodox and extroverted. In contrast though, when Tom takes on his "Dutiful" or "Objective" personality types he becomes a realist and introverted, which makes him slow to adopt and respond to new and unorthodox possibilities. These two contrasting approaches to life will inevitably result in conflicts and arguments. In addition, "Creative" people can be highly sensitive to criticism, which means they can easily be offended by blunt comments directed at them. Unfortunately, this is exactly what Tom does when he adopts his "Objective" side, as "Objective" people can be overly blunt and direct with their comments. It is therefore highly advisable for Tom to try and be more diplomatic when he adopts his "Objective" side. Ironically though, there is always an initial attraction between "Creative" and "Objective" personality types, but it is short lived!

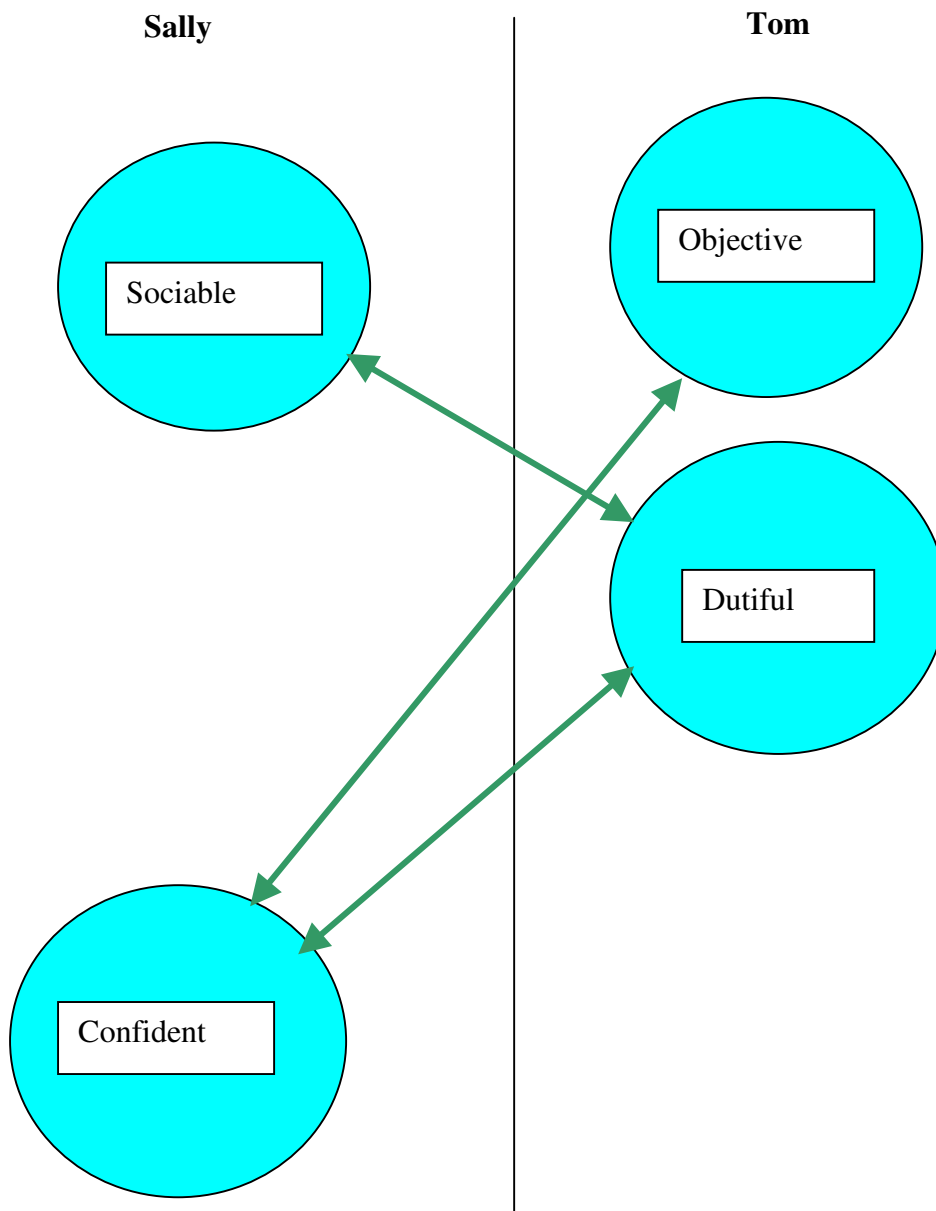
In Tom's case, his "Perfectionist" side is highly incompatible with Sally's "Sociable" side, which she has scored exceptionally high in. When Tom adopts a "Perfectionist" Personality Type, he likes to be highly conscientious and meticulous, but Sally's "Sociable" side will see this side of Tom as being overly fussy and restrictive. Equally, when Tom adopts his "Perfectionist" side, he will instinctively view Sally's "Sociable" side as being overly careless and erratic. This is because Tom's "Perfectionist" side is introverted and Sally's "Sociable" side is a highly extroverted. This conflict is a classic example of what happens when two opposing personality types interact.

In summary:

1. Your “Creative” and “Perfectionist” sides are the cause of your behavioral conflicts.
2. Sally’s “Creative” side is incompatible with Tom’s “Objective” and “Dutiful” sides.
3. Tom’s “Perfectionist” side is incompatible with Sally’s “Sociable” side.



Below is a diagrammatic representation of what your behavioral interaction will look like if the “Creative” and the “Perfectionist” Personality Types were omitted.



↔ Green arrows indicates highly compatible interactions

How to address the root cause of your behavioral disputes?

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

- 1) Familiarize yourselves with the attributes associated with the “Creative” and the “Perfectionist” Personality Types (please see pages 4, 6 and 8 for “Creative”; and pages 10, 12 and 13 for the “Perfectionist” Personality Types).
- 2) Once you have familiarized yourselves with the attributes associated with the “Creative” and “Perfectionist” Personality Types, try to identify them when interacting with one another.
- 3) Whenever Sally notices that she is exhibiting the attributes associated with a “Creative” Personality Type, she must make a conscious effort to change her behavior as to avoid adopting her “Creative” side (please see page 4, 6 and 8 for the attributes). This equally applies to Tom, whenever he notices that he has adopted a “Perfectionist” Personality Type, he must make a conscious effort as to change his behavior by avoiding the attributes associated with the “Perfectionist” Personality Type (please see pages 10,12 and 13).

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

- 4) To help you be more behaviorally compatible, Sally must focus more on her “Confident” and for Tom to focus primarily on his “Dutiful” side.

How should Tom communicate with Sally?

Tom should:

- Establish the purpose of the discussion at the earliest opportunity.
- Be well prepared.
- Be patient.
- Remember that Sally will constantly be thinking about the implications of what is being discussed and its consequences on her.
- Not be quick to attack Sally's ideas on the grounds of impracticality as being highly intelligent she probably has a valid reason for suggesting them.
- Use reference to other people's views on the topic of discussion.
- Steer the discussion towards a solution.
- Summaries, and stick to, what is agreed in conclusion.

How should Sally communicate with Tom?

Sally should:

- Show respect for Tom's views and opinion.
- Be very well prepared to argue the details of any issues, and should also ensure that all the pros and cons are listed and presented.
- Be prepared to focus on the details of what is being discussed.
- Quantify any associated risks.
- Be prepared to argue the case using logical, rational and measurable criteria, and must be consistent in approach.
- Ensure that she is well prepared and avoid any subjective or personal appeals.
- Play it by the book and recognise rules.
- Not make Tom repeat himself.

How should Tom motivate Sally?

Tom should:

- Bear in mind Sally's natural ability to be highly creative and intelligent.
- Enable Sally to develop her creativity, or intellectually stimulating pursuits.
- Provide Sally with the reassurance that he depends on her help.
- Give Sally enough freedom to utilise her full potential.
- Encourage Sally to achieve results in her own way and should not restrict her with rules and regulations.
- Encourage Sally to utilise the strengths of her friends and family, and not to pressurise her into doing things herself.
- Encourage Sally to get out and about and meet people.
- Listen to what Sally has to say.
- Be patient.
- Give Sally credit and recognition where credit is due.
- Provide Sally with regular praise.
- Motivate Sally by demonstrating that he depends on her.
- Give Sally recognition and respect for her natural ability to lead.

How should Sally motivate Tom?

Sally should:

- Appeal to Tom's sense of practical realism.
- Give Tom lots of praise and recognition.
- Ensure that Tom has a feeling of order in his life.
- Clearly define any objectives and milestones in Tom's life.
- Make it clear that she values Tom's objective contribution at both a personal and an interpersonal level.
- Motivate Tom by giving him complex, intellectual or analytical challenges.
- Take an interest in the details of whatever Tom does.
- Ask for Tom's advice but then give him the freedom to analyse all the pros and cons, then make it clear that she respects his objective opinion and advice.
- Give Tom challenges that require concern for excellence.