

G.....GIFTS....Can you afford them? Beware of credit card debt. Do not spend more than your budget. Are you buying something to impress someone? Is it for control? "Look what I have done for you. I gave you all of these things." A dozen roses for a college student is an expensive gesture. Start small because you cannot go backwards. One flower and a sincere note will suffice. Red flag: A person who NEEDS things to make him/her happy is possibly insecure or obsessive compulsive.

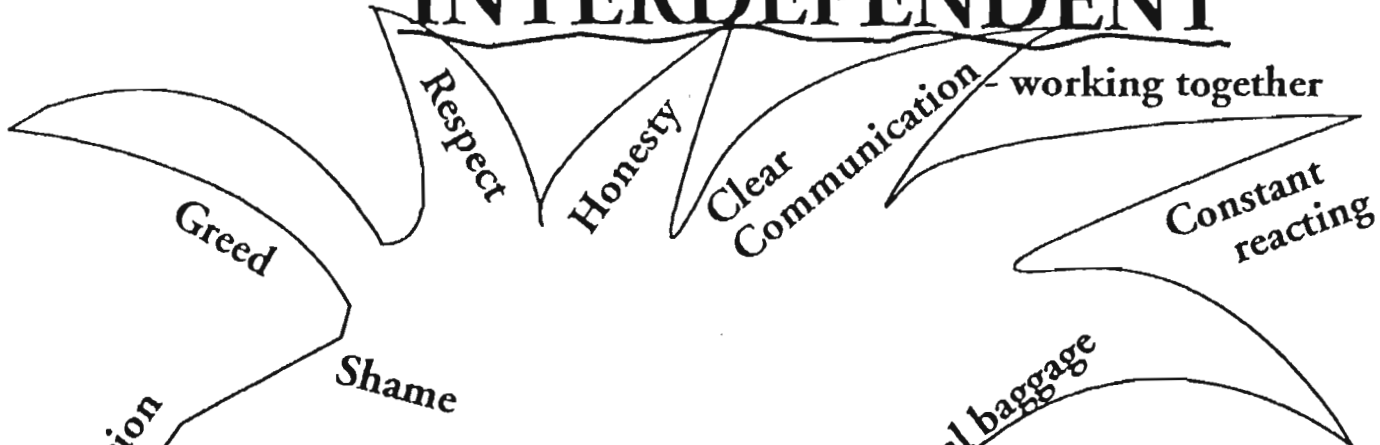
I.....INTIMACY.....If someone is not interested in a romantic relationship, there will be an invisible iceberg between you and the other person. NEVER push or force yourself on a person who does not wish to be intimate. Intimacy is closeness. It is sweet. Romantic dinners with candlelight, soft lighting, mood music, sweet nothings, caressing, eye-to-eye contact, attention, affirmation, appreciation, and acknowledgement.

R.....RELATIONSHIPS...Most women like to express feelings. They want to know what you are thinking and how you are feeling. It is always best to start as friends. Some things that start fast, end fast. Be patient. The main ingredient in any relationship is TRUST.

L....LOVE....feeling loved by someone, feeling treasured is the ultimate. Some men offer love for sex. Love is not lust. Love is a powerful word, and it should be taken seriously.

S.....SEX.....may be misinterpreted. Some women give sex for love. "Maybe if I go to bed with him, he will LOVE me." Sex has definite consequences. Beware, sex may be a RED flag. Bottom line: YOUR choices are YOUR responsibility.

INTERDEPENDENT



CO-DEPENDENT

- control of others

Emotional baggage



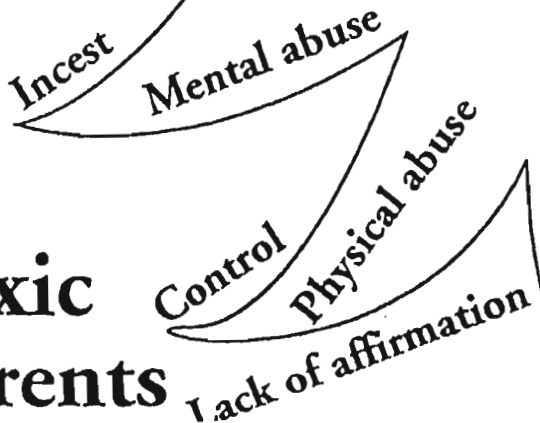
ANTI-DEPENDENT

"I can do it myself"

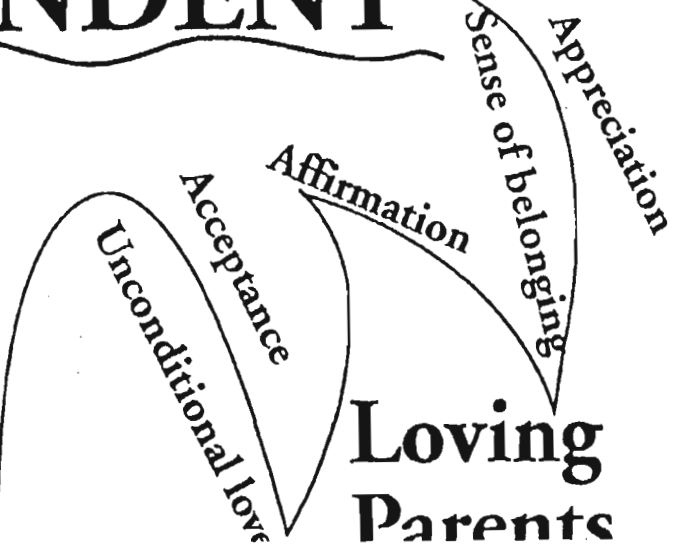
INDEPENDENT

DEPENDENT

Toxic Parents



Loving Parents



	SANGUINE Entertainer	CHOLERIC Ruler	MELANCHOLIC Computer	PHLEGMATIC Supporter
BEHAVIOR:	Creative, warm, charismatic, energetic	controls, dictates	attentive to details, systematic	agreeable, personable, friendly, caring, helpful
UNDER PRESSURE:	talk louder and faster, comply	yell, blow-up, bully, throw tantrums and pot shots, arrogant	become silent, flee or withdraw, autocratic	submit, accommodate, gunny-sack, passive-aggressive
PAYOFF:	communication, center of attention, influential	they feel superior, other people submit	consistency, well-prepared	illusion of harmony, never have to take risks
STRENGTHS:	people oriented, persuasive, verbal skills, optimistic	decisive, get things done, self-confident	accurate, fact finder, precise, organized	likeable, loyal, team player, steadfast, patient
WEAKNESS:	egotistical, lack follow-through, "flaky"	intimidate and alienate people	stubborn, boring, aloof, unimaginative	indecisive, wastes time, gullible, withholds negative
*NEEDS:	popularity, warmth/feeling, social recognition	control, power, to be right	controlled work, security, order, status quo	security and belonging, to please others, predictable
SUCCESS TOOLS:	use flexibility, be enthusiastic, let them talk, use demonstrations	support their goals, get to the point, be business like, task-oriented	go step by step, use facts, logic, and structure, tie new ideas to old ones	be casual and sincere, listen, slow down, set goals, emphasize self-development

SANGUINE:

Aim: To have fun out of life
 Compulsion: To entertain the troops
 Wants: Attention and credit
 Usually marry: Melancholics

MELANCHOLIC:

Aim: If it's worth doing, it's worth doing right
 Compulsion: To get life and everyone in perfect order
 Wants: Order and discipline
 Usually marry: Sanguines

CHOLERIC:

Aim: Do it my way now
 Compulsion: To right all wrongs
 Wants: Action and obedience
 Usually marry: Phlegmatics

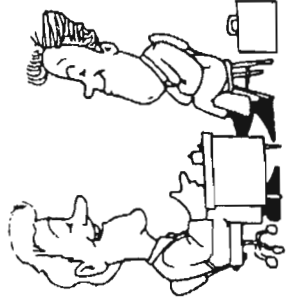
PHLEGMATIC:

Aim: If you have to do it, do it the easy way
 Compulsion: None
 Wants: Peace and quiet
 Usually marry: Choleric

The secret to getting along well with other people is to find their *NEEDS and be willing to fill their needs. Don't look for them to fill your needs.

4 Core Styles of Self Characteristics with descriptions of the tendencies of each dimension

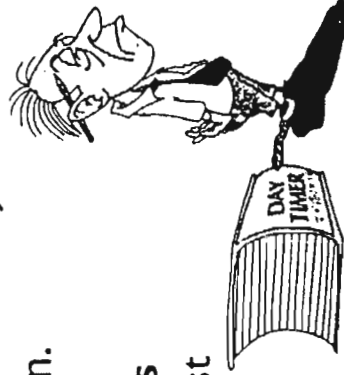
Sanguine, the Socializer,
needs fun and applause.



- | Strengths | Limitations |
|--|---|
| <ul style="list-style-type: none">• Risk-taker• Pursues change• Inspiring• Outgoing | <ul style="list-style-type: none">• Restless• Impatient• Reactive• Overbearing |

Direction: Work on organizational skills.

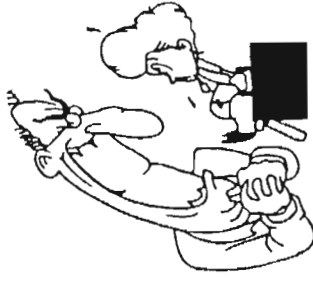
Melancholic, the Thinker,
needs order and perfection.



- | Strengths | Limitations |
|--|--|
| <ul style="list-style-type: none">• Thorough• Meticulous• Risk-avoider• Factual | <ul style="list-style-type: none">• Perfectionist• Withdrawn• Passive• Sullen |

Direction: Lighten up. Smell the roses.

Choleric, the Director,
needs results.



- | Strengths | Limitations |
|--|--|
| <ul style="list-style-type: none">• Organized• Ambitious• Goal-oriented• Dependable | <ul style="list-style-type: none">• Rigid• Unapproachable• Critical• Stubborn |

Direction: Be more sensitive, to other people's needs.

Phlegmatic, the Relator,
needs harmony and teamwork.

- | Strengths | Limitations |
|---|---|
| <ul style="list-style-type: none">• Caring• Sensitive• Peacemaker• Team-oriented | <ul style="list-style-type: none">• Too other-orientated• Hesitant• Indecisive• Subjective |



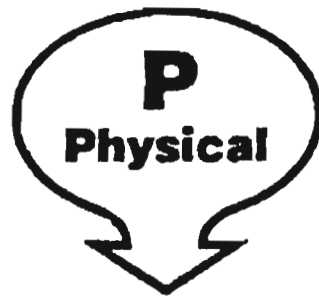
Direction: Work on being more assertive.

THE FOUR ELEMENTS OF A BALANCED RELATIONSHIP



Security

- Expressing feelings
- Rearranging language patterns
- Trust
- Taking responsibility
- Associating with healthy friends
- Clear communication



Energy

- Eating right
- Exercising
- Touching
- Sharing
- Eye-to-Eye contact
- Trust



Wisdom

- Listening
- Patience
- Reading, writing visualizing
- Creative problem solving
- Learning new skills
- Peaceful surroundings
- Showing unconditional love:
Affirmation,
Appreciation &
Acceptance



Guidance

- Meditation
- Fasting
- Prayer
- Faith (F-A-I-T-H)
- Balance within
- Feeling safe
- Trusting God

THE FOUR ELEMENTS THAT CAUSE FAILURE IN A RELATIONSHIP



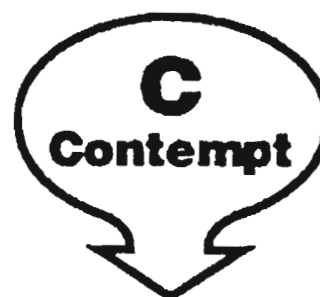
Denial

- Denying responsibility
- Keeping at arm's length
- Standing one's ground
- Holding one's own
- Helplessness
- Vulnerability



Seclusion

- Tuning out
- Frigidness
- Seclusion
- Holding back
- Feeling alone
- Turn a cold shoulder



Arrogance

- Snub
- Look down upon
- Snap one's finger at
- Roll eyes or toss head
- Laugh to scorn
- Pooh-pooh



Judgement

- Fault finding
- Nitpicking
- Bad mouth
- Corrosiveness
- Attacking
- Negative energy