

John Doe



Blueprint For Success™
Relationships Version

John Doe
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Personal Effectiveness

Your Blueprint For Success™ is a summary document that is designed to be used both personally and professionally in developing quality relationships. Refer to your Interactive Insights™ Relationships Version report for full details on your behavioral style

You selected all the statements below when completing the previous sections. They represent key factors to success in relationships. Put this information to work as soon as possible. The key to success is communicating and acting on these valuable insights.

John's Natural Behavioral Style

- You tend to be loyal to others. Your loyalty shows in a variety of ways including your "staying power" with relationships and activities.
- Because of your lenient and complacent nature, others with fewer scruples may take advantage of you. You could, perhaps, benefit from greater assertiveness.
- You prefer a warm, friendly environment free of conflict and hostility. In that environment, you prefer reassurance of your involvement and self-worth.

John's Problem Solving Style

- You excel at concentrating on specific activities which must be completed. You will not complain much and you do not like to make waves and cause hostility.
- If you are involved in a variety of tedious activities, you will probably demonstrate a great amount of patience. You will be steady and systematic until you are finished.
- When confronted with a problem, you will try to solve it by working closely with others. You like to know what others have done in the past to solve a similar problem.

John's Interaction Style

- You usually hesitate about speaking in front of groups, preferring to talk with individuals.
- You tend to internalize conflict. As a result, if something about another is bothering you, you may bottle-up feelings and keep them inside.
- You have a trait of hiding or concealing your true feelings, especially if negative, so as not to cause hostility. On occasion, you become a "grudge-holder."

Personal Requirements

John wants:

- Peace and harmony.
- Opportunity for privacy and to be alone occasionally.
- No sudden or abrupt changes in the situation.
- To feel important, but not be the leader.
- A feeling of security.

Keys to Communicating with John

- Work to achieve mutual satisfaction.
- Ask "How" questions to draw out opinions.
- Present ideas softly, nonthreateningly.
- Use a thoughtful approach.
- Listen sincerely.

Barriers to Communicating with John

- Don't manipulate or bully into agreement.
- Don't rush the facts or hurry the decision-making process.
- Don't force a response quickly.
- Don't be rude, abrupt or rushed in your conversation.
- Don't push too hard.

John's Relationships Strengths

- "The anchor of reality" in highly emotional situations.
- Very patient with others.
- Sincere in what you say and do.
- Good at reconciling.
- An excellent listener to the concerns and ideas of others.

John's Hindering Factors

- You become passive-aggressive if you don't like what's happening (passive resistance), rather than being assertive and confronting the issues.
- You show indecision often regarding ideas or activities.
- You resist change to new ideas or activities; support the status quo.
- You do not project a high sense of urgency in getting things done.
- You resist new and innovative activities.
- You wait for directions before acting.
- You need encouragement in meeting new people, or starting new activities.
- You hold a grudge if feeling slighted, or unappreciated.



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Enhancing Your Relationships

1. **Which relationship in your life would you most like to improve?**

My relationship with my younger son.

2. **What specifically do you want to improve?**

My understanding of him, and his understanding and acceptance of me.

3. **Having identified your natural style in the preceding process, what do you believe are the most valuable personal assets you can offer?**

He should be able to confide in me, because I am a good listener and want to hear what's on his mind. I will always be there for him and I want him to appreciate that I really want to play a more prominent role in his life.

4. **How can you apply your personal assets to improve your relationship?**

I have been trying to get through to him by being myself, and it's not working. Maybe he doesn't want to open up to me now, but I hope we can develop a better rapport in the future.

5. **What additional personal strengths do you feel you need to develop?**

My son is much more aggressive and impatient than I am. It may help us communicate better if I can become stronger in my approach to him - it may get his attention. But I don't want to make him angry and drive us further apart. I know I need help here. I hope we can arrive at a meeting point where we both appreciate the other's strengths and learn to work well together.

6. **Who else do you feel could contribute, and in what way?**

My ex-wife could help by not taking my son's side all the time. She is a lot like him. But I think she wants us to get along better, too, since he spends weekends and summers with me while she spends more and more time working and traveling. I've also hired a personal coach to help out and want to make progress in understanding what is keeping my son and me from being closer.

7. **Which roadblocks, if any, will prevent you from improving your relationship?**

If my son refuses to let me get closer to him.

8. **Do you feel you need emotional support? If so, from what source?**

I need all the personal support I can get from my ex-wife, my coach, my friends and my minister to deal with this. It is one of the most important things in my private life.

9. **How will you feel when your relationship has improved?**

Like the father I've always wanted to be - proud to be enjoying my son, living in harmony with him and contributing to his personal happiness. I'll feel on top of the world when he wants to be with me and share his thoughts.

10. **How will you recognize a change for the positive in your relationship?**

When my son calls me frequently about what's going on in his life, asks my advice and just wants to be with me.