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Building on Your Personality Strengths

1. Personality Strengths

Complete the online Inventory by going to www.SleepingWithYourBusinessPartner.com and click on the *INSIGHT* Inventory icon for a professional, comprehensive, and self-scoring analysis of your personality traits. This inventory will also assist you in understanding how your personality traits may differ at work and at home.

2. Work-Style Strengths

Write a summary of your *INSIGHT* work-style strengths in the space below.

3. Insight into Your Work Style

Identify which of your *INSIGHT* work-style characteristics—some of which might even be your strengths—are sometimes frustrating to your spouse and to others. This will help you understand how your style might, at times, create tension within your spouse and others, and will help them plan more effective ways of communicating with you.

Examples:

“Sometimes using my STEADY style, I take lots of time when making decisions and this frustrates urgent personality types.”

“My DIRECT style can seem blunt to indirects, but I don’t mean to come across as aggressive— just straightforward.”

4. Work-Style and Personal-Style Differences

Note any differences between your work-style and personal-style profiles. This helps you anticipate how you might adapt to different situations or people. You might also find that you change your style at work when dealing with a particular person or in certain situations. Share any changes you note.

5. Reactions to Stress

Complete the following statements designed to help you understand and anticipate your reactions to stress. This exercise will help you avoid taking each other's behaviors personally. It can also help you find ways to solve the problems that might be causing stress.

Example:

<i>STATEMENT</i>	<i>EXAMPLE</i>
A situation I find stressful . . .	<i>Lack of action; slow decision making</i>
How I behave under those circumstances . . .	<i>I get impatient and may say things I don't really mean.</i>
What my spouse can do to help me . . .	<i>Give me an estimated time when decisions will be made.</i>
What I will try to do to change . . .	<i>I'll try to speak up before I get frustrated and angry.</i>

A. A situation I find stressful:

B. How I behave under those circumstances:

C. What my spouse can do to help me:

D. What I will try to do to change:

E. How can you and your spouse work together to minimize your stress?

F. What stresses your spouse?

G. How can you and your spouse work together to minimize your spouse's stress?

Note: Original purchasers of this book are permitted to photocopy or download the forms in this book for personal use only, not for distribution. All forms can be found and downloaded at www.SleepingWithYourBusinessPartner.com.