

# Relationship Compatibility Analysis

for

\*Sample, Client F.

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and

Sample, Client M.

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# INTRODUCTION

## COMPATIBILITY

Personality traits in the same range (Critical or General) and having a point difference of 10 or less may be considered compatible. Compatibility does not mean a lack of individuality or that you both like the same thing or act in the same way; it does mean that your actions are probably not in conflict and that the other's behavior is probably not a source of dissatisfaction.

When any of the three (Overall, Critical, and General) percentages of compatibility are low the potential for dissatisfaction, unhappiness, and conflict increases. The lists of Incompatible Critical and General behavior should be carefully reviewed, and the significance of each behavior considered. If the incompatibility is considered an issue then maybe either or both of you should explore the possibility of behavioral change to lessen the difference between the two of you.

### **Critical (Range) Traits**

Critical personality traits (scales) are those where either or both of you have scores that are outside of the average range; a score greater than 60 or less than 40.

### **General (Range) Traits**

General personality traits (scales) are those where both of you have scores that are in the average range; a score of 40 or greater and not exceeding 60

### **Compatible Traits**

Compatible traits are those where your scores are within 10 points of each other and, preferably, you score in the same range.. A difference of more than 10 points suggests quite different patterns of behavior and an opportunity for dissatisfaction. As does one of you being in the Critical Range and the other in the General Range for the same trait. If you are both in the Critical range but one is high (above 60) and the other low (below 40) the difference between you are extreme.

## COMPATIBILITY CAUTION

Compatibility is a core requirement, maybe *the* core requirement, of a healthy, productive, and satisfying relationship, but "what" is compatible is important: Bonnie and Clyde may have been a compatible couple, but it did not end well for them or their victims.

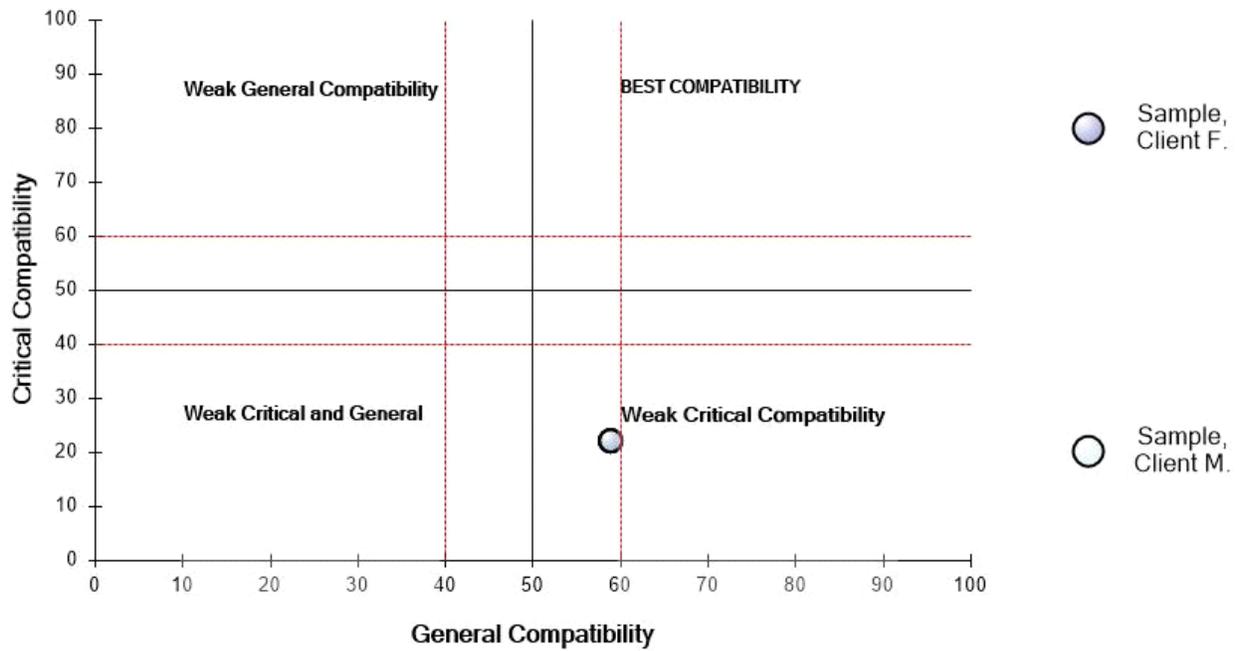
Explore the personality traits where you have compatibility.

- If a trait is a negative trait then the compatibility may be undesirable and lead to troublesome behavior.
- If a trait is a positive trait then good things and experiences can be expected.

Please review:

- The chart on the following page.
- The behaviors described in the Personality Factors and Scales section.

# RELATIONSHIP COMPATIBILITY



## Y-AXIS

Critical Compatibility

The percentage of matching (being within 10 points) on Critical scales.

## X-AXIS

General Compatibility

The percentage of matching (being within 10 points) on General scales.

% Overall Compatibility: 51

**Critical Scales**

t-score > 60 or < 40

% Compatibility = 22

**General Scales**

t-score >= 40 and <= 60

% Compatibility = 59

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**Compatible Scales**

Difference <= 10 points

**Critical Scales**

Counseling Readiness  
Endurance

**General Scales**

Achievement  
Affiliation  
Communality  
Communality  
Fault-Finding  
Femininity  
Negativity  
Nurturance  
Personal Adjustment  
Pragmatic  
Productiveness  
Psychologically Perceptive  
Respectful  
Security-Seeking  
Sociability  
Social Energy  
Structure-Valuing  
Support-Seeking  
Well-Being  
Work-Centered

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**Not Compatible Scales**

Difference > 10 points

### Critical Scales

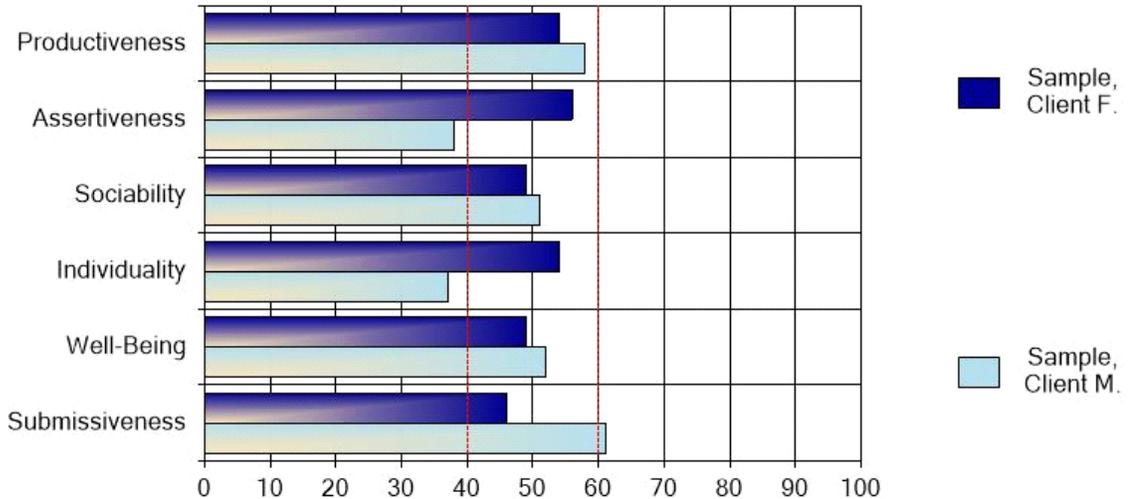
Affected  
Deference  
Enthusiasm  
Order  
Scientific  
Self-Control  
Submissiveness

### General Scales

Aggression  
Assertiveness  
Autonomy  
Change  
Creativity  
Dominance  
Exhibition  
Individuality  
Intellectualistic  
Masculinity  
Playful  
Self-Blaming  
Self-Confidence  
Self-Satisfaction

# PERSONALITY FACTOR AND SCALES

## FACTORS



Sample, Client F.

Sample, Client M.

### **Productiveness**

She is as resourceful, power-oriented, and willing to work hard to attain her goals as are most people.

He may be resourceful, resolute, goal-oriented, and able to get things done. Intellectual challenges and cognitive activities may be sought and enjoyed. He may value power and its use, either by himself or others.

### **Assertiveness**

She is likely to be determined, strong-willed, self-rewarding, fun loving, and to enjoy sensuous experiences.

He is easily threatened and self-depriving as he seeks to avoid confrontation and conflict.

### **Sociability**

She is as friendly, outgoing, and socially active as are most people.

He is as friendly, outgoing, and socially active as are most people.

### **Individuality**

She is as independent and self-directed as are most people.

He tends to be judgmental and to have a strong preference for conservative values and morals.

**Well-Being**

She is as healthy and, in general, capable of handling stress as are most people.

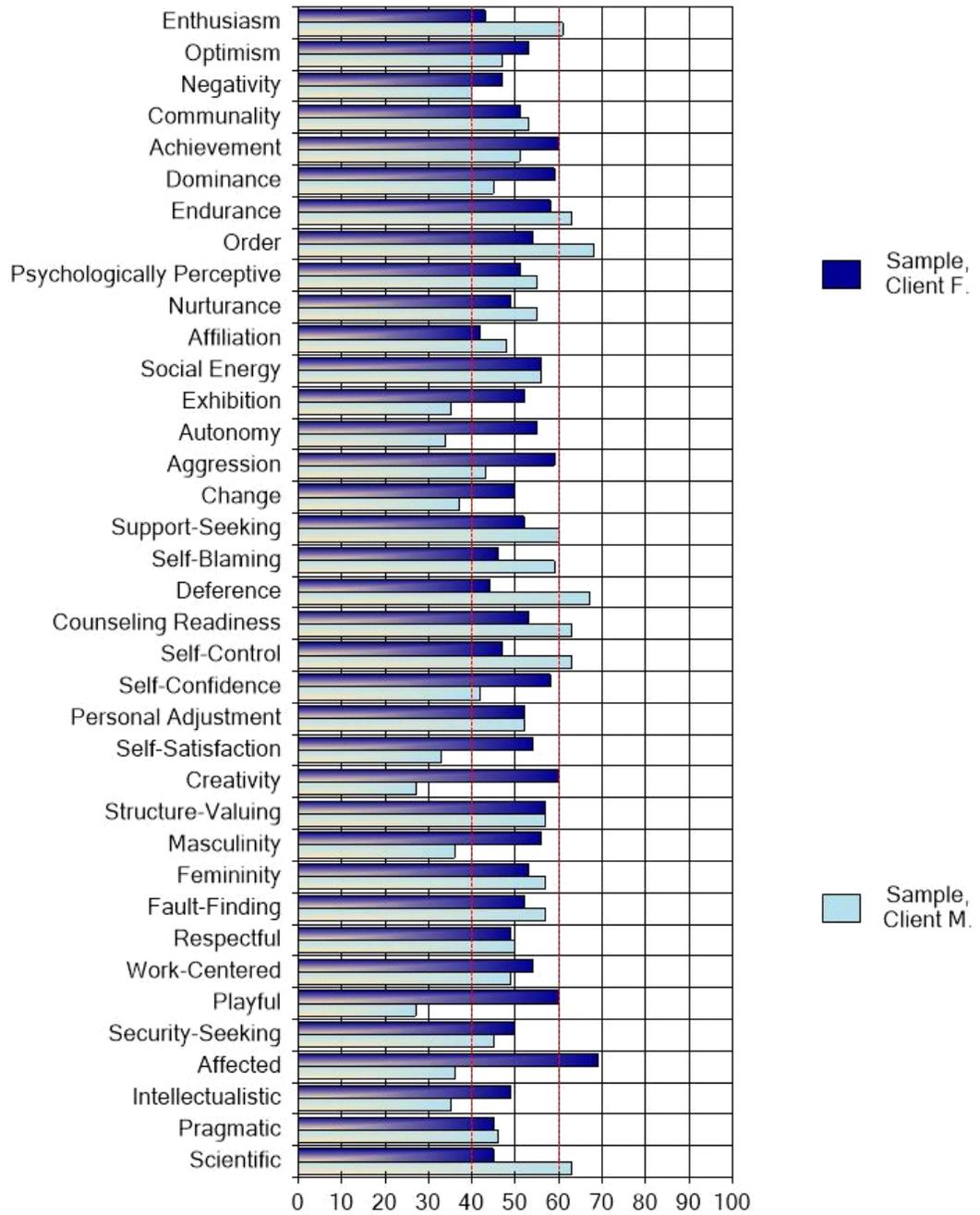
He is as healthy and, in general, capable of handling stress as are most people.

**Submissiveness**

She is as cooperative and willing to either follow or lead, as appropriate, as are most people.

He is serious, self-disciplined, rule respecting, and more willing to follow the lead or directions of others than to seek to be the leader.

# TRAITS



Sample, Client F.

Sample, Client M.

### **Modus Operandi**

#### **Enthusiasm**

She may be reserved and likely to demonstrate moderation than to act out of a sense of urgency.

He is likely to be expressive and eager to explore the world around him, but inconstant and even capricious in his reactions. While attractive, vivacious, and enthusiastic, he may also be somewhat self-seeking.

#### **Optimism**

She is basically satisfied with herself and she believes that her behavior is appropriate.

He is basically satisfied with himself and he believes that his behavior is appropriate.

#### **Negativity**

She may vacillate between pessimism and optimism, but tend to be accepting of herself and others.

He may seek the company of others and be tactful, tolerant, and not easily offended.

#### **Communality**

Her perception of her environment is probably similar to that of most other people, allowing her to interact as effectively as do most people.

His perception of his environment is probably similar to that of most other people, allowing him to interact as effectively as do most people.

### **Psychological Needs**

#### **Achievement**

She is likely to be hard working, goal directed, and determined to do well. Her motivation to succeed may lie less in competitive drives than in a strong need to live up to her own high and socially commendable criteria. Others are likely to acknowledge her energy and enterprise. However, others may also see elements of coercion, impatience, and self-aggrandizement in her actions.

He is as likely to be hard working, goal directed, and determined to do well as are most people. His motivation to succeed may lie less in competitive drives than in a need to live up to his own criteria.

**Dominance**

Her need to lead others (groups) and those with whom she has relationships is a little stronger than that of most others.

His need to lead others (groups) and those with whom he has relationships is like that of most others.

**Endurance**

She may be conscientious and, with a strong sense of duty, avoid playfulness and non-essential activities. For her, stability and continuation may be more important than the new and different.

A conscientious worker, he probably has a strong sense of duty and avoids playfulness and non-essential activities. For him, stability and continuation is more important than the new and different.

**Order**

Concerns with neatness, organization, or the planning of her activities are similar to those of most people.

He is not likely to endure setbacks and distractions easily, nor is he likely to welcome change and variety; rather he steadily pursues his goals and seeks stability. He probably assumes tasks that require self-discipline and diligent effort as he seeks to avoid disorder, subjectivity, and impulsivity. His preference is probably for objectivity, rationality, and reason.

**Psychologically Perceptive**

She is about as interested as are most people in activities that require intellectual or cognitive abilities.

He has a stronger interest in understanding the 'why' of things, including his own behavior and that of other's, than do most people.

**Nurturance**

Her involvement in behavior, which provides material or emotional support to others, is about as frequent as that of most people.

He may be concerned for the welfare of others and willing to provide material or emotional support to them.

**Affiliation**

Wholehearted participation in social interaction may be difficult for her. Perhaps, she tends to worry about commitments and the meaning of relationships, and thus avoids involvement with others.

He may seek and maintain about as many personal friendships and social engagements as do most people.

## **Social Energy**

She is more likely than most people to engage in life's activities with gusto and vitality.

He is more likely than most people to engage in life's activities with gusto and vitality.

## **Exhibition**

The frequency of acting in ways to attract the immediate attention of others is similar to that of others.

Situations in which he will be prominent or required to perform are avoided. He is cautious, restrained, avoiding of conflict, and quickly gives in to escape interpersonal stress or controversy.

## **Autonomy**

She may be independent, autonomous, and indifferent to the feelings of others. Others may perceive her as somewhat egotistical and headstrong.

He prefers conventional values and lifestyles, seeking security in the tried and true, while avoiding risks. Since he dislikes decision-making, he takes comfort in receiving direction from a valued and trusted other.

## **Aggression**

She may be competitive and aggressive, viewing others as rivals to be vanquished. Her impulses may be strong and when under controlled, expressed with little regard for social courtesies.

He may seek to avoid confrontation or conflict and be unlikely to make demands on others. Interpersonally, he may be forbearing and conciliatory. However, this does not indicate comfort with or the acceptance of the others' behavior - just a desire to avoid the conflict that might occur should he speak out.

## **Change**

She is similar to most people in her reaction to challenges, the seeking of novel experiences, and the avoidance of routine.

He perceives change or challenges as threatening, and seeks a stable, risk-free environment. He prefers safe, well-defined situations. The perception that he lacks verve and imagination may reduce opportunities others might otherwise extend to him.

## **Support Seeking**

She probably seeks as much sympathy, affection, and emotional support from others as do most people.

He avoids conflict and confrontation. He may feel inadequate when coping with stress and crisis, and retreat into fantasy on occasion.

Others are viewed as stronger and more effective than he is and he frequently seeks their support.

### **Self-Blaming**

The tendency to 'put herself down' through self-criticism, guilt, or social impotence is about like that of others.

Basically, submissive to the wishes and demands of others and avoiding of conflict, he may ask for little in life. His interpersonal world may be marked by worry and foreboding. He may view others as more effective or deserving than himself.

### **Deference**

Competition and risk-taking may be stimulating to her and she may enjoy defeating rivals. Her behavior may be headstrong and impulsive, and may lead to conflict with others. She may stretch the limits as if trying to see how much can be gotten away with.

He is likely to prefer anonymity and freedom from conflict to the winning of interpersonal victories. He is conscientious, unassuming and patient, deferring to others without loss of self-respect. Tending to over-control his needs and impulses, he often delays gratification unnecessarily.

## **Topical Scales**

### **Counseling Readiness**

She is about as receptive to counseling or professional advice regarding her personal problems as are most people.

Problems with interpersonal behavior may result from shyness, diffidence, or self-denial. He may frequently feel unable to fully enjoy life and, while he may wish to improve his status, he may doubt his ability to do so. He is solicitous of counseling or professional advice.

### **Self-Control**

She is as likely to exercise self-control and delay her actions as are most people.

His strong preference for diligence and attention to duty may be attained at the cost of spontaneity and self-enhancement. Too much self-control may inhibit his behavior at times.

### **Self-Confidence**

As a poised, self-assured initiator who strives to achieve gratification, she is probably willing to cut a few corners to create a good

He may be timid and fearful, tending to give up easily and withdraw. He may have difficulty mobilizing his resources and taking action.

impression and attain goals. Observers may see her as assertive, enterprising and self-confident.

### **Personal Adjustment**

Her ability to 'love and work', Freud's criterion of personal adjustment, is like that of most others and suggests that her ability to cope with situational and interpersonal demands should be as well.

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### **Self-Satisfaction**

She is as self-satisfied and comfortable with herself as are most people.

He has poor morale and feels defeated by life. However, he is likely to be regarded as kind, modest and considerate of the rights and wishes of others.

### **Creativity**

She is venturesome, aesthetically reactive, clever and responsive. People are likely to recognize her breadth of interests, cognitive ability, and ideational fluency.

Uncertainty and disorganization are probably uncomfortable for him. In complex or ill-defined situations he is subdued, conservative, and avoids involvement or action.

### **Structure-Valuing**

A commitment to duties and obligations, with a reluctance to deviate from agreed-upon courses of action may make her appear rigid at times. She may work hard to see that consensual goals are attained and be a steadying influence upon others. Valuing good organization and careful planning, she tends to avoid emotionalism, but may become dissatisfied when people or events interfere with her plans.

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### **Masculinity**

Ambitious and impatient to get the things she values, she may insist on having her way and attaining her goals. She may stress action, visible rewards, and self-gratification.

Gentle, kind, considerate, and fatalistic about personal misfortune or adversity, he is vulnerable to others' aggression. He is willing to substitute daydreams and fantasies for more direct experience.

### **Femininity**

She is about as likely to demonstrate helpfulness, sympathy, and affection, as are most others.

Basically sympathetic and considerate, he is likely to elicit positive reactions from others and in turn treat them with respect. He tends to be cooperative, appreciative, cheerful, warm, and valuing of intimacy and mutuality in relationships.

## **Interpersonal Scales**

### **Fault-Finding**

She is as judgmental, easily angered, skeptical, counteractive, and irritated by interference or obstacles as are most people.

He may be easily angered, skeptical, counteractive, and is likely to be irritated by interference or obstacles. He may pursue his own interests and may be indifferent to those of others, who he may view as adversaries to be defeated.

### **Respectful**

Continuity and the preservation of old values are probably as important to her as others are to most people. She is as likely as others to seek to sustain relationships and to foster courtesy and respect.

Continuity and the preservation of old values are probably as important to him as others are to most people. He is as likely as others to seek to sustain relationships and to foster courtesy and respect.

### **Work-Centered**

About as reliable and diligent as are most people, she is as attentive to duties, the responsibilities of adulthood, and obligations as others.

About as reliable and diligent as are most people, he is as attentive to duties, the responsibilities of adulthood, and obligations as others.

### **Playful**

Ebullient, enterprising, and pleasure seeking, she rejects self-restraint and the postponement of gratification. While others may see her as entertaining, others may also view her as aggressive or self-centered and pushy.

Moderate, cautious, and slow to respond in interpersonal encounters or pleasurable activities, he is likely viewed as self-denying and lacking in excitement.

### **Security-Seeking**

She may have as much difficulty setting aside the roles she learned in childhood as do most people. This may be demonstrated through the same amount of independence and uncertainty about how to cope with the demands of life that others show.

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### Cognitive Style

#### **Affected**

She seeks adventure and activity while remaining sophisticated and relaxed; this may be a source of conflict. Academic underachievement is probable because physical activities may interfere with intellectual activity. Creative, independent, spontaneous, and moral behavior is more important than conformity.

He is prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His desire for morality and order may also explain a tendency toward strong opinions on ethical issues; he is likely to look askance at those who violate societal conventions.

#### **Intellectualistic**

She is probably as strong-willed, original in thought and perception, aesthetically sensitive, and indifferent to convention as are most people. However, while intimacy may be sought the candid sharing of significant feelings may be avoided.

He is practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. Intimacy may be sought with the candid sharing of significant feelings.

#### **Pragmatic**

She tends to be as unpretentious, forbearing, forthright, and respectful of rules, as are most people.

He tends to be as unpretentious, forbearing, forthright, and respectful of rules, as are most people.

#### **Scientific**

She is as analytical, logical, astute, and intellectually capable, as are most people.

He is analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as rigid.