

Excerpt from

From Fizzle to Sizzle

Four Crucial Tools for Relationship Repair

Dr. Caron Goode, NCC

Dr. Minette Riordan, CPC

Copyright © 2013 by Dr. Caron Goode & Dr. Minette Riordan

All rights reserved. No part of this book may be reproduced or transmitted in any form or by any means without written permission of the authors.

The First Tool: Core Temperaments

In this assessment you become self-aware, first by identifying your core temperament(s), and then by responding to the questions or statements that best describe your most consistent attitudes and behaviors.

You'll determine whether you are one core temperament or a combination of the following:

- Bulldozer
- Border Collie
- Detective
- Ringmaster

You'll determine how...

- You respond to stress
- You learn and think best
- You may be predisposed to emotionally respond in relationships

You'll discover whether you prefer...

- Being with people
- Dealing with data and numbers
- Pushing your limits
- Being a creative entrepreneur

*The future has several names. For the weak, it is the impossible. For the fainthearted, it is the unknown.
For the thoughtful and valiant, it is the ideal. ~Victor Hugo*

Introduction

As adults, we notice that the people in our lives have diverse approaches to handling stress, tackling tasks, and navigating through life's sticky situations. Parents are aware how differently their children act out, respond to people, and explore their environment. Some kids leap into life and others tiptoe. We're all born with a natural predisposition to interact with people and do tasks in a certain way, and it's this unique constellation of how we do what we do that is our own core temperament.

In addition to being part of the force that drives us to *do what we do, the way we do it*, our core temperament is the foundation from which we

- Build our values.
- Shape our relationship preferences.
- Formulate our reactions to the world around us.

Core temperaments are why some people thrive when working on deadline and others can barely function by the clock. It's why some kids learn by reading and others by doing. We are briefly reviewing these four temperaments first so you can start to think about the language and pick out some of your own characteristics. In the assessment section, we'll delve into the values, stress responses, time preferences, and learning preferences for each temperament. You'll be amazed when you see yourself!

Four Basic Core Temperaments

There are four distinct categories of core temperaments. These categories include the basic names, but for the sake of humor, we've added and will use throughout this book the following terms in bold. They are more fun and offer examples from everyday life by which you can remember the temperament traits. Read these stories first, and then assess your own temperament(s) with our Core Temperament Inventory.

1. The doer = the **Bulldozer**
2. The thinker = the **Detective**
3. The harmonizer = the **Border Collie**
4. The influencer = the **Ringmaster**

While there are bits and pieces of each personal temperament in all of us (and all of our children), you'll typically exhibit one to two dominant temperaments that influence the way you interact with your environment. Throughout your life span, you might rotate through all the core temperaments as you adapt to your environment.

Imagine a pool party on a hot summer day to which you've been invited to cool off.

- A **Bulldozer** type dives in and calls on the way into the water, "Last one in is a loser. I'll race you to the other side!" Doesn't he just love the challenge and thrives on competition?
- A **Detective** type finds a quieter place to dip her foot in to check the water temperature before venturing in. Shy of the noise and splashing, this observer watches and learns about the people around her before introducing herself and joining in.
- A **Border Collie** type might serve the drinks and snacks around the pool, or get in the water to play a game of tag or Marco Polo, while carefully ensuring that everyone's okay and playing nicely.
- The **Ringmaster** also jumps in the water and yells, "Watch my cannonball." He does love to make a big splash, making sure he is seen. He then organizes everyone into a game of water volleyball.

Each of the core temperaments approaches situations differently. Depending upon how you respond to the changing environments, you may need to adopt a different temperament. A few examples include:

- A **Bulldozer** who fell from a rock ledge and broke his leg while mountain climbing won't be doing that for a while. He might temporarily choose to become a Detective, reading, researching and making plans to climb the next mountain.
- A **Border Collie** may get sick too often because she is volunteering too much and isn't resting and rejuvenating herself. Her body has said enough, so her healing time might be spent at weekly spa appointments or a vacation at her favorite beach. She has learned so much about good health from her change that her creativity awakens the Ringmaster within her. She writes a book about what she has learned and enters the speaker's circuit to share her knowledge.

The Bulldozer



The Bulldozer is a high-achieving doer who gets tasks done and doesn't let anyone stand in his way. He loves adventure and rises to the challenge of moving a mountain or running a marathon. She likes being in charge and responsible for the team. Bringing strength of vision and a command of most situations, Bulldozers are leaders, visionaries, pushers, adrenaline junkies, and powerful competitors.

One top-notch Bulldozer named Tina agreed to share how her do-it attitude and Bulldozer temperament has shaped her life.

As a little girl, I was raised by two southern women on opposite sides of the temperament spectrum. My grandmother was tough as nails. By contrast, my sensitive mother was demure and agreeable. My grandmother earned labels like "bitchy," my mother was the nice one. I wanted to be anything BUT what my grandmother stood for, and worked hard to be more like my mother. I decided I would be nice and reserved in an acceptable way.

I had already earned my own B label in school – bossy – and even though I really wanted to be the 'nice' girl, there was an uncontrollable force within me that led me to speak up for injustices and to say what others didn't have the courage to say. I acted more like my grandmother than I ever anticipated. Still, I thought this was unacceptable and worked even harder to dial back the bossiness.

By the time I was 32 my bulldozer was virtually non-existent. I spent the first three years of my marriage trying to get someone else to tell my husband something for me. I needed alone time to reflect and ponder

things, and he didn't seem to have that need. He wanted to be with me all the time! I signed us up for a counseling appointment so the counselor could help me tell him what I needed. This backfired when she told me I was asking too much. Bam! That fiery doer side of me engaged.

I began to be okay with the fiery part of me coming out, but found I couldn't let it come out until I had exhausted every other avenue. When the fiery part came out, it was usually in an unloving, blistering tone. This didn't feel good and certainly didn't feel like the "me" I wanted to be.

When my husband and I did the core temperament profiling, I realized in an instant that his Doer-Bulldozer is always attached to getting something accomplished. He is a man on a mission, and I'm the benefactor of that behavior - from getting us packed for vacations to ensuring every bit of technology runs well in our business. It isn't personal - he's just moving from start to finish.

I realized my own Bulldozer had been banished to the closet labeled "things that are unacceptable." I had been suppressing this very important part of myself, and came to realize that it should be working for us just as my husband's temperament was.

Slowly but surely, I began to trust and value my Bulldozer side. I found it allowed me to be direct and to express myself honestly. My husband appreciated my directness in simply saying what I wanted; I also noticed that I had fewer eruptions, which meant less guilt. Perhaps the greatest gift is that our conversations have shifted away from avoiding issues and have been replaced with deep, thoughtful conversations. This has helped us to face our fears, envision the life we truly want and work together to create it."

Note that Bulldozer Tina married a person of similar core temperament. Her emotional pattern of trying to be nice and not speak directly emulated her mother, and this emotional response of the past did not work on her behalf, especially with her grandmother-type husband. She did not experience the intimacy or the sense of being valued that she desired in her relationship.

As a child Tina adapted well to her environment - and yet the maturing adult trying to emulate mom formed ineffective communication patterns. Tina's actions as an adult provide an excellent example for us all. She recognized a pattern from her past. She sought a counselor for help; she and her husband committed to working through their patterns; she was willing to let her authentic self step forth and learn to trust the world again as the child-self never could. Kudos to Tina for having the critical conversations with her husband and creating the life they desire together.

The Detective

The Detective loves data, ideas, numbers, and greatly respects order and structure. Think of the Detective as a perfectionist who likes to explain what is and envisions what could be. She worries about life a lot, and often researches solutions and designs answers to the problem that worries her. Sensitive by nature, the



From Fizzle to Sizzle: 4 Crucial Tools for Relationship Repair

Detective does not take criticism too well although he can be a top team member who contributes overall. People value the Detective's expertise and problem-solving skills because she is logical, gives instruction, and values quality. Detectives enjoy stimulating discussion and sharing with a team. Read the story below for an example of how being a Detective impacted Martin's life as an adult.

Martin considered himself a lucky man when, thanks to his smart investments and aggressive savings, he retired from his work as an investment banker at a young age. The recent downturn in the economy has worried him since he lost quite a bit of money in the stock market. His concern is having enough money to support him and his wife for the rest of their lives. At 57 he is a young man. Martin realized that he needs to bring in some income, but is nervous about returning to work. He has not worked in over 10 years and the investment world has changed dramatically in that time.

Martin is insecure about his ability to catch up to the current times and new technology. He is intelligent but he is also a perfectionist who needs to get the job done right the first time. He has decided to start a book-keeping business but drags his feet learning the new software and reaching out to potential clients. He insists on reading the information several times until he feels secure in the basic knowledge.

Martin has lots of friends and contacts in his community and is an active volunteer with local charitable organizations. He is a great team player and community members often invite him to participate on committees or to organize fund raising events. Martin is meticulous with his record keeping and cautious with his own finances and those of the organizations he works with. People find Martin loyal and trustworthy and often turn to him for financial advice.

The Border Collie

The Border Collie is a supportive, interactive person who has empathy for others' feelings and the drive to help and support others. A Border Collie often plays the peacekeeper role in relationships, feeling anger at injustice and depression if his heart cup is not filled daily. The Border Collie values harmony and can be stubborn and depressed when things are not going her way. People with this temperament bring common sense to situations, like harmony in teamwork, and are steadfast, loyal and dependable. People with other personal temperaments depend on these nurturers and are nurtured by them.

While the Bulldozer is an action-oriented doer, the Border Collie is a heart-centered person whose pleasure is in helping and supporting others. Yet a Border Collie has her challenges. She can take too many things to heart. Concerns can weigh heavily on his shoulders. Her desire to see people happy and his desire to take care of his relationships, especially family members, are always in the forefront of his thoughts. When Border Collie people become quiet and withdrawn, be aware that they need appreciation: they need to get up and be involved in life again. Tricia shares how her temperament was shaped in her childhood and teen years.



Tricia's dad was a business executive who started his martinis at lunch and usually came home after work in a giddy, sleepy mood. He was a funny drunk who could make Tricia laugh. On the other hand, when angered, his booming voice made his auditory-sensitive child quake. After the terror of her early years, she avoided her father and identified more with her mother. Tricia's mother rushed the children home from school, through their piano and horn practices, and shooed them outside to play so the house was quiet when Daddy came home. Tricia always helped her mother with dinner so it was served promptly at 6 pm after the local news and before the evening television programs her dad liked to watch.

Rather than go outside and play with her brothers, Tricia helped her mom with housework, ironing, cooking, and washing the dishes. She was a loyal Collie. She learned to sew, and as she grew older took over other chores for her mother, as was expected in her role as the only daughter. Internally, Tricia felt sorry for her mother and felt she deserved more respect. Tricia saw her mother as a dignified person who didn't just give money to Catholic charities, but also volunteered to help at hospice and church-related activities. She felt her father did not appreciate her mother, and once in a while heard her mother mutter negative things about her dad.

In her teen years Tricia was out of the house and active teaching Sunday school, teaching summer school as an assistant teacher, meeting with debate teammates, and travelling to debate tournaments. Yet she always befriended the bullied students and tutored those who slipped behind in language classes. Her need to help another seemed to go too far, and one good friend in high school told her she was meddling and to keep her nose out of her business. This incident was a wake-up call for Tricia who had assumed all people wanted help. She was wrong.

In college, she vowed to focus on her studies and earned her doctorate in clinical psychology. Her early work in a psychiatric hospital seemed to make her chronically ill, as if she wore the burdens of her clients. Her own supervisor called her condition empathy fatigue and suggested she become a teaching professor, and not work directly with clients unless she could develop better boundaries and emotional resilience. She did become a professor and spent her years teaching and delegated her "helping" to her favorite charities. Occasionally she experienced depression, which she focused into volunteer hospice work. That seemed to feed her soul and gave her a reason for living.

The Ringmaster

The Ringmaster flourishes in friendships that laud their creativity and entrepreneurship. They value their freedom above all else. They love to indulge their senses and seek pleasure. Because of their persuasiveness and charisma they often become artists, authors, actors, speakers. They are the movers and shakers of the world who love expressing their opinions and influencing others. The Ringmaster is comfortable as the center of attention and loves to create and play



From Fizzle to Sizzle: 4 Crucial Tools for Relationship Repair
with good friends.

Suzy is a creative mom of twin boys, aged 8. She is active in influencing her children's education by reading to children in the twins' classroom and teaching art projects one afternoon a week as part of the after-school program. She runs a scrapbooking business and loves getting other moms together to share the latest techniques, gadgets, and her newest creations with them. She is a great sales person and makes good money working part-time selling advertising for the area's local parenting magazine.

Suzy loves where she is in her life right now, but it wasn't always that way. She started smoking pot in college, mostly out of curiosity and to be with the in crowd of artists on campus. Her excellent grades and outstanding design portfolio landed her a great job at a boutique, high-end, advertising company after graduation. The more she smoked - the more creative she felt and the less traditional the ad campaigns became. The company loved her and she found herself thinking she could do no wrong.

She was invited to join the company's "lunch group" which met Fridays for martini lunches and extended their business meetings well into the afternoon. But Suzy was uncomfortable with the amount of alcohol consumed, and she knew she did not hold her liquor well. But this was office politics and she was determined to succeed. She did succeed in becoming addicted to alcohol. Ironically, she was fired because the addiction interfered with her work production and resulted in a loss of sales.

As a recovering alcoholic, Suzy puts her family first. In any group setting she is still the life of the party and is a creative woman - but at home Suzy struggles with staying organized, keeping the kids in a regular routine and getting things done on time. She laughs about her disheveled home and rarely takes herself too seriously.

Her husband is a financial planner who prefers his home to be well-organized and pays close attention to the family finances. Suzy rarely manages to hold on to receipts and sometimes forgets to pay the bills on time. She loves her home to be full of laughter and spends a great deal of time playing with her children, helping them with homework and redecorating the house.

She and her husband struggle to find a balance between his need for quiet time and her need to be with people and to be on the move. She has learned to schedule play dates with friends or take the odd art class at the local community college in order to get time away from home and kids and to fuel her creative spirit.

As a mom, Suzy is warm, loving, and fun to be with, but she struggles with routines, helping the kids get projects turned in on time, or remembering to return that pesky permission slip! Her husband has long understood that Suzy will never be the housekeeper he imagined her to be. Although he had hopes of changing her core temperament, he finally hired a housekeeper.

Are you beginning to identify your core temperament? You may already recognize yourself from reading the descriptions of the core temperaments presented in this section. Take a few moments now to complete the Core Temperaments Brief Inventory on pages 8 to 11 to confirm what your dominant and secondary core temperaments are.

Core Temperaments: A Brief Inventory

Instructions: Please read the sentence in the left column, determine whether or not the sentence sounds like how you act and respond consistently, and then mark the N (No), S (Sometimes), or Y (Yes). Your core temperament reflects who you are throughout your life, so think about each question across your lifetime, not just who you are now.

Bulldozer	NO	Sometimes	Yes
1. When presented with a challenge in relationships, do you consider it, accept it, and move on? Do you react without considering your partner's opinion?			
2. Do you feel driven to take the initiative in a relationship?			
3. Do people refer to you as insensitive to their feelings?			
4. Is it easier to control rather than listen, support or converse about the matter?			
5. Are you a visionary, able to see goals clearly?			
6. Are you a workaholic?			
7. Do you like to direct your relationships, both personal and professional?			
8. Does your partner say you are a manipulator?			
9. Do you daydream often about the big game or great activities you love?			
10. Do you work best by yourself?			
11. Do you find it difficult to listen to your partner's feelings or story telling?			
12. If a plan doesn't go your way, is your tendency to get angry?			
13. Do you find it hard to praise others or offer constructive feedback?			
14. Do you like a partner who is a helpful teammate?			
15. Are you a hero who will make it to the top regardless?			
16. Do you feel your partner challenges you in a positive way?			
17. Do people refer to you as emotionally distant?			
18. Is completing or accomplishing your objective important to you?			
19. Do you value highly the rewards of all your efforts?			
20. Do others call you petulant or mean?			
ADD YOUR NUMBERS OF N, S, AND Y AND RECORD HERE IN THE APPROPRIATE COLUMN →			
Detective	No	Sometimes	Yes
1. Are you quick to criticize others in hopes of helping them improve?			

From Fizzle to Sizzle: 4 Crucial Tools for Relationship Repair

2. Do others describe you as offering too much feedback?			
3. Do others describe you as being impersonal?			
4. Before making decisions, do you delay so you can research and find more information?			
5. Do you like to be right, or often think you are right, when dealing with people?			
6. Are you a people-watcher, content to sit and observe those around you?			
7. Are you intolerant of others who don't follow instructions or rules?			
8. Do others refer to you as inflexible?			
9. Do you feel over-burdened?			
10. Is it difficult to ask for help from others?			
11. Are you comfortable working with team members when there is order?			
12. Do you prefer to stay out of the spotlight of leadership, and guide and support from behind the scenes?			
13. Do you have difficulty when people reject your ideas?			
14. Do you prefer intimacy with one person rather than being in a group activity?			
15. Do people suggest you could more aware of your feelings or emotions?			
16. Do you have difficulty handling negative emotions, either your own or others?			
17. Do people refer to you as "too sensitive" or "overly sensitive"?			
18. Are you empathic, that is, able to sense or feel other's emotions, ideas or intentions?			
19. Are you respected for your expertise and knowledge?			
20. Is it important for others to acknowledge you for your what you know and do?			
ADD YOUR NUMBERS OF N, S, AND Y AND RECORD HERE IN THE APPROPRIATE COLUMN→			
Border Collie	No	Sometimes	Yes
1. Do others refer to you as dependable and helpful?			
2. Do you prefer long-term dependable relationships rather than meeting new people or dating around?			
3. Are you sensitive to your environment?			
4. Do you move away from relationships with people who are unkind or negative?			
5. Are you empathic, actually aware of or feel other's pain or predicaments?			
6. Do others refer to you as tolerant or patient?			
7. Do you feel a powerful need to be accepted by others?			
8. Do others tend to take advantage of you?			
9. Are you gullible or too trusting of other people?			

10. Do you get depressed easily?			
11. Do you pull away from people who offer you help when you get depressed or feel unworthy?			
12. Are you prone to headaches, stomach problems or recurrent issues like colds or allergies?			
13. Are you able to retreat from busyness now and then to renew your energy and focus?			
14. Do your strengths include peacemaking and the ability to negotiate?			
15. Do you feel others take you for granted sometimes?			
16. Do you feel burdened by expectations?			
17. Do you prefer to be comfortable and secure rather than famous?			
18. Do you need to be more assertive or to stand up for yourself?			
19. Do you enjoy creative activities as in cooking, scrapbooking, or another endeavor?			
20. Do others refer to you as accommodating and helpful?			
ADD YOUR NUMBERS OF N, S, AND Y AND RECORD HERE IN THE APPROPRIATE COLUMN →			
Ringmaster	No	Sometimes	Yes
1. Do others refer to you as enthusiastic and cheerful?			
2. Do you like to express your verbal or artistic abilities?			
3. Do other people refer to you as inspiring to them?			
4. Do you dream of being an actor, dancer, famous author, musician, artist, or public speaker?			
5. Do people say that you are different and march to a different rhythm?			
6. Are you highly intuitive?			
7. Do you get lost in time or lose track of time in your creative projects?			
8. Do you seek stimulation and pleasure?			
9. Do you overindulge in fads, foods, adventure and other such things?			
10. Are you the person who knows rules were made to be broken?			
11. Do you worry much about what other people think?			
12. Have other people called you selfish or insensitive to their needs?			
13. Is your freedom to think and act differently important to you?			
14. Are you focused on the process of living but not always concerned about the end result?			
15. Do you like to move and exercise, finding it difficult to sit still?			
16. Do you deny health issues and don't like doctors?			
17. Are you an entrepreneurial spirit, finding it difficult to fit into the "institutional" or "corporate" structures?			

18. Do you prefer relationships with people who are more like you than different?			
19. Are you distracted and find it hard to establish goals or follow through on promises?			
20. In general, do you feel a deeper sense of isolation from others?			
ADD YOUR NUMBERS OF N, S, AND Y AND RECORD HERE IN THE APPROPRIATE COLUMN →			

How to Interpret Your Scores

Once you’ve finished the assessments for each of the core temperaments, transfer your totals to the table below. Then highlight the column that received the highest number of “Yes” answers. This will be your primary core temperament. Remember that each of us has some blend of each of the four core temperaments in our personality. The “Sometimes” column will refer to your secondary temperament. The “No” column shows which temperament has the least influence in your life.

Core Temperaments	No	Sometimes	Yes
Bulldozer			
Detective			
Border Collie			
Ringmaster			

Primary Tendency (Score 16-20) – If your score for a core temperament is in this range, then that core temperament is your dominant or primary tendency or predisposition. The score implies that you are less flexible and more fixed in your temperament. As you repair relationships, you may need to defend less and be more open to feedback and ideas for change. This role is the comfortable pair of slippers that fits you best, and it is the fundamental point of view from which you’ll review your preferences for learning, time, people, and information.

Secondary Tendency (Score 10-15) – If your score a core temperament is in this range, consider yourself well-versed in this predisposed temperament. Your secondary core temperament can be supportive of and adaptable to the primary role. This secondary role is like a pair of new shoes that you wear out into the world, where you wouldn’t wear your slippers: like a persona that you created as you grew up and adapted to situations, learning how to respond and behave appropriately.

Three or four Close Scores – The more similar scores you have, the more adaptable you have learned to be in all the variety of your environments. This can serve or not serve you depending upon your core strength.

Do you blow around like the wind, wondering who you are, and following others - or do you know who you are in the world, have solid boundaries, and tend to lead rather than follow?

Remember: the more equal the scores, the more open and flexible you are; you need to determine whether this will help you or hinder you.

An investment banker had four fairly equal scores, and indeed, he was one of the most adaptable people you could know: friends to everyone, shared knowledge freely, and paid it forward. He had many friends - and yet when he came home at the end of the day, he was a lonely person and felt misunderstood. Rightly so—he blended in so well that he didn't understand himself.

On the other hand, Theo was an only child who was given every opportunity. But his parents were mystified by Theo's ability to dive into playing the piano, seem obsessed by it for a year or two, and then abruptly switch to another instrument until he tired of playing with it. The creative side of Theo yearned to learn an instrument - and then grew bored with it, much like a child who tires of eating macaroni and cheese every day for lunch wants a peanut butter sandwich. Theo seemed to live through his Ringmaster years, and then when he attended the State University, his Detective was activated. He loved science and became a professor at a university. The thrills of discovery of science captivated him for years. In his forties, Theo felt he had missed out on being of service to others. He entered a theological seminary and attended to others' needs as a pastor for the next 15 years, during which time we met and interviewed Theo to hear the remarkable story of how he had lived through three of his four core temperaments - like experiencing three lifetimes in one.

Other Core Predispositions Related to Temperament: Your Learning

Preferences

Your learning preference tells you how best to receive and process incoming information from your particular environment. Some people have one strong sense that defines how they experience the world. Others have mixed preferences.

Temperaments	Prefers Direct Experience	Prefers Visual Approaches	Prefers Auditory	Prefers Feeling
Bulldozer	Hands-on, can do it, trial & error approach, achieves and competes			
Detective		Observes, notices, watches, looks, envisions imagery, makes mental lists, processes visual detail.		
Border Collie			Listens, hears, attends to, aware of auditory stimuli, turns attention to	
Ringmaster				Feels, senses, touches, affected by other's feelings, sensation, intuits, aware of energy
The Composite You: Write in your learning preferences and add this to your profile notes				

Knowing this information can help you repair relationships.

You will discover how the person you're observing talks – does he or she use words like think, see, hear, imagine, feel, do, achieve, visualize, create, sense, or know? Each word portrays how someone processes the information that comes to him or her. If you want to reach them, you need to use their language. Likewise, you

need to observe your own language and activities to see if you say: I see, I think, I hear, I feel, or I am going to do... In this way you develop the self-awareness you will need to discover if you communicate clearly or if your words miss the mark. You will know if your language is confusing for others if you don't feel heard or find that others don't get what you say.

Knowing your learning preferences allows you to understand and learn to address others in ways that ensure they "get" it. Read the chart on page 33 and take note of which learning preference fits your pattern of response. Note which temperament you identify with in the space provided at the bottom of the chart. This will help you to complete your personal profile.

Core Stress Responses

Dinner is cooking, and the doorbell rings for your package delivery. Your partner is trying to get the grocery list from you on the telephone, but you cannot hear. The dog continues his furious barking because the doorbell is ringing, and you are supposed to be on your weekly conference call right now.

Stressful scenarios like these happen regularly in families and households. It is important to know how you react to stress so you can stop for a moment, regroup, notice, and breathe instead of screaming at the delivery person or the partner buying groceries. These stressful times are a part of every day, and we need to learn to manage them as best we can.

Very few people understand that stressors stem from the needs of their inner core. Like the acorn that provides the blueprint for the majestic oak tree, your core temperament predisposes you to handle stressors in certain ways, and the environment you live in influences you also. Your blueprint survives harsh weather, daily workloads, family arguments, and broken hearts because everyone in the human community experiences such events. Your core needs, if not acknowledged and nourished consistently, influence your behavior dramatically.

Your response to stress can be

- Overly defensive.
- Always looking over your shoulder.
- Never feeling safe.
- Repeatedly explaining yourself.
- Always wishing you were somewhere else.
- Routinely apologizing.
- Brushing emotional people off.
- Overly sensitive to criticism or constructive feedback.

Core stress responses formed when your physical or emotional needs were not met in the early years and more importantly, in times of stress, transition, trauma, or terror. YOU are absolutely the only one who can recognize your core needs and meet those needs. In relationships, this is a natural conversation to have between partners, or parents and children; it is this conversation that frees you to support each other in managing stress in a healthy way.

Core stress responses can certainly empower you to plan for easier transitions when, for example, you change schools, relocate, break up, or are promoted. Knowledge of your own temperament patterns helps you manage and even prevent your stressful responses from interfering with your relationships.

Each of the four core temperaments has basic emotional needs that must be met. Not meeting your basic needs is akin to

- Emotionally starving to death.
- Riding the stress roller coaster and feeling like you can never get off.
- Unconsciously doing the same thing over and over and beating yourself up about it.
- Feeling helpless and overwhelmed by life.

Not having your basic needs met can be terrifying at any age, because the everyday events of life can crush you to dust. On the other hand, you can modify your stress response for your health by adapting your core temperaments to be more closely in tune with your environment. When this happens in a relationship, we've seen magic happen! Suddenly you feel so much better, and those in relationship with you notice and respond very differently than before.

In what part of your life are you most likely to find it necessary to deal with meeting needs? Our core feelings: vulnerable or protected, needy or fulfilled, are definitively revealed in relationships. You know which combination of the core temperaments is your nature. In the chart on page 16 you will find a listing of

1. The truth about your inner needs.
2. What causes your stress.
3. How you might react.
4. What you can do to care for yourself.

In the far right column, personalize your profile even further: write down your true inner core needs and how you react to stress, act out your reactions, and repair your own patterns.

In the last row, write down your ideas for how to take care of your own needs. This is an important requirement before you move into relationship repair by asking a partner or friend to assist and serve in the capacity of that one trustworthy person you can count on to help you by listening, escaping to a quiet spa or hockey game, keeping you grounded so you don't worry, or going to the gym with you to work off excess energy.

We have given you a revealing look at your core self, how you typically handle stress, and how to define your learning preferences. There are two more spicy ingredients that we'd like you to add to your self-aware-

Defining Your Core Temperament's Needs, Stressors and Reactions

	Bulldozer	Border Collie	Detective	Ringmaster	Composite You
Core Needs	Achievement Challenge Mastery Control Support	Appreciation Agreement Caring Belonging Connection	Structure Detail Respect Quality Safety	Admiration Influence Freedom Expression of ideas Value	
Stressors	<ul style="list-style-type: none"> • When others are too slow or can't keep up • When efforts are blocked • When challenged for control • When others are overly talkative or emotional 	<ul style="list-style-type: none"> • When others are angered or mean • When taken advantage of • When judged • When others are unjust 	When others... <ul style="list-style-type: none"> • Rush them • Show disrespect • Show emotionality • Have unclear communication 	When others... <ul style="list-style-type: none"> • Are focused on things and tasks, not people • Limit freedom • Ignore them • Compete for attention • Are critical 	
Reaction	Becomes moody Sulks Acts out Withdraws in anger Becomes persistent	Gets depressed Withdraws Suffers silently Holds it in Feels uncared for	Worries, goes to head to think about options, feels unsafe, withdraws, maybe hides as thoughts of future seem dim	Wants to escape Seeks attention elsewhere Pretends not to care Laughs it off Moves on	
Self Care					

ness. The first ingredient is values. We think of values as similar to those Champion Jordan Air Nike shoes that provide strong foundations, a superb cushion, and the power to move and win. Values are the foundation of your goals, achievements, and desires. Your core temperament comes with a built-in set of values that guide you to the winning dunk in the basket or keep your feet firmly on your path. Here's the kicker: if you don't know what your values are, then you plow ahead in life, tripping over rocks you can't see, being taken advantage of, and feeling your gut twist and turn in warning.

Knowing your values can save you anguish: they can head off poor decisions and impulsive behavior. How? You determine what your values are and then you check in with your three voices of HUG to make sure you are aligned with *your* truth, no one else's. In this book, you start with being true to yourself!

Your values = your choices = your destiny = your responsibility.

A brief review of what you've learned about yourself so far.

Take the time now to go back over what you've discovered about yourself. Write it here.

My primary core temperament is:	
My secondary core temperament is:	
What I have learned about how I react and interact with people is:	
My learning preference is:	
What I would like to improve in my relationships is:	

About the Authors



Dr. Caron Goode, NCC

Dr. Goode is the founder of the HeartWise relationship strategies involving alignment through head-heart-gut, which she now shares in her co-authored new book [From Fizzle to Sizzle, 4 Crucial Tools for Relationship Repair](#).

Dr. Goode is the founder of the Academy for Coaching Parents International, where professionals and parents become ACPI Certified Parenting Coaches\Consultants and learn to use the HeartWise coaching strategies with their coaching clients and in their business.

Dr. Goode and her husband, Dr. Tom Goode, also train professionals, especially those with affective or intuitive core temperaments in the HeartWise alignment process (a.k.a.- HUG) in addition to training and certifying Intuitive Consultants who bring HeartWise strategies into their professional business or practice. HeartWise Parenting strategies offer connection and responsiveness to meet our children's needs and encourage their core strengths for well-rounded life experiences.

Dr. Goode features her classes for sensitive, empathic, and spiritual people at the <http://Live-Spirit.com> learning center. Dr. Goode is the author of fifteen books and more than a dozen e-books and trains others in coaching skills, marketing plans to monetize passion, and the use of intuition in parenting, business, living and loving.

<http://AcademyforCoachingParents.com>

<http://Live-Spirit.com>

<http://www.HeartWiseRelationships.com>

<http://www.HeartWiseLife.com>

Dr. Minette Riordan, ACPI CPC

Dr. Minette Riordan is co-author of the book [From Fizzle to Sizzle: Four Crucial Tools For Relationship Repair](#). Minette's passion for connecting people to each other is deeply rooted in her belief that it is our connection to spirit, to self and to others that is the foundation of true happiness. Over the years, Minette has found many unique ways of helping people to create both inner connection to their higher self and powerful connections to others around them. Through Minette's work as a teacher, writer, speaker, artist, community volunteer and an award-winning business owner, she has educated thousands of people on the subjects of communication, commitment, and connection.



Dr. Goode and Dr. Riordan met in 2006 when Dr. Riordan became certified as a Parenting Coach through the Academy for Parent Coaching International. Minette quickly moved from trainee to trainer and now teaches for ACPI. In addition to her work with ACPI, Dr. Minette Riordan successfully built a multi-media publishing company targeting families in the Dallas/Ft. Worth Metroplex. She credits her success to learning how to connect with others through networking, referrals, strategic partnerships and an attitude of service to others first. Minette's secret to success is not about winning a numbers game, but playing the people game: cultivating an attitude of curiosity and openness that will quickly help you attract clients and fans.

Dr. Riordan is a dynamic public speaker who excels at engaging and entertaining her audiences. She also workshops, retreats and individual coaching programs. You can find out more about her speaking and programs at <http://www.minetteriordan.com>

Prior to starting her company, Minette was an educator who earned her Ph.D. from Stanford University in 1995. She has taught at the university and high school levels, as well as adult education and personal development workshops. In 2011 she received the Libby Linebarger Award from the Texas Home Childcare Association. She was named the 2009 Small Business Owner of the Year by the Plano Chamber of Commerce and received the 2007 Altrusa Outstanding Women of Today award.

Her passion and joy come from helping others find the information, tools and inspiration they need to succeed. She is living proof that you can have it all: a successful business, healthy marriage and happy kids! Minette lives in Santa Barbara, California with her husband, Brad and her two children, ages 13 and 10.

Dr. Riordan offers workshops and individual coaching for women. You can find more at:

<http://www.MinetteRiordan.com>

<http://www.HeartWiseLife.com>

Certified Relationship Coach Training

Interested in becoming a Certified Relationship Coach using Dr. Goode and Dr. Riordan's tools as describe in this book? Ask us about our Train-the-Trainer program.

Visit <http://www.heartwiselife.com> for more information.