



Mary & John

Your Couples Readout



# Sides of You<sup>®</sup> Relationship Map



## How to Read This (Quick Orientation)

This report is not about who's right or wrong.

It's about how your inner systems meet each other—especially under stress, closeness, and responsibility.

### **i** You're not looking at fixed traits. You're looking at access:

- Which sides come online easily
- Which sides go offline under pressure
- What your relationship is quietly asking for next

Most couples don't struggle because they don't care. They struggle because the same sides keep leading, while others stay quiet. Use it to understand patterns, not assign blame – and to see where small shifts in access can change the entire relationship.

## Your Individual Starting Points (At a Glance)

### Mary

#### NATURAL STRENGTHS

- ✓ Very strong Conscientious One (loyalty, duty, integrity, follow-through)
- ✓ Strong Connector (warmth, empathy, emotional support)
- ✓ Strong Mediator (fairness, composure, steadiness in tension)
- ✓ Solid Leader (reflective thinking, teachable, adaptable)

#### UNDER PRESSURE

- i** Doubles down on responsibility instead of stating what she needs
- i** Holds emotion privately and stays "capable" on the outside
- i** Hesitates to take bold relational risks (hard conversations, asking directly, disrupting harmony)

*Mary's system is built to protect, provide, and stay steady for the people she loves.*

### John

#### NATURAL STRENGTHS

- ✓ Strong Leader (clarity, strategic thinking, self-awareness, direction)
- ✓ Strong Mediator (flexibility, calm, cooperation, fair-mindedness)
- ✓ Strong Conscientious One (reliability, discipline, duty, service)
- ✓ Strong Life Enthusiast (vision, vitality, authenticity, forward energy)

#### UNDER PRESSURE

- i** Keeps moving even when internal energy is low
- i** Defaults to logic/solutions before checking emotional nuance
- i** Can swing between strong courage and inconsistent follow-through (bursts, then burnout)

*John's system is built to organize life around purpose and keep things moving forward.*

## Your Relationship Pattern at a Glance

This relationship has two capable, caring people but you carry stress differently. This relationship has strength on both sides but it shows up differently.

### THE CORE DYNAMIC

🟠 Mary moves forward and organizes.

🟢 John stabilizes, supports, and sustains.

This works well when life is flowing.

### UNDER STRESS:

- One partner accelerates
- The other contains
- Emotional needs can show up at different speeds

Neither of you is wrong. You just lead from different instincts – and both of you lean naturally toward responsibility as the “safe” mode.

### WHERE YOU’RE STRONG TOGETHER

These are the reasons this relationship works.

#### STABILITY + DIRECTION

- ✦ Mary brings structure, planning, and next steps
- ✦ John brings steadiness, reliability, and emotional grounding  
Together, you balance progress with continuity.

#### EMOTIONAL SAFETY

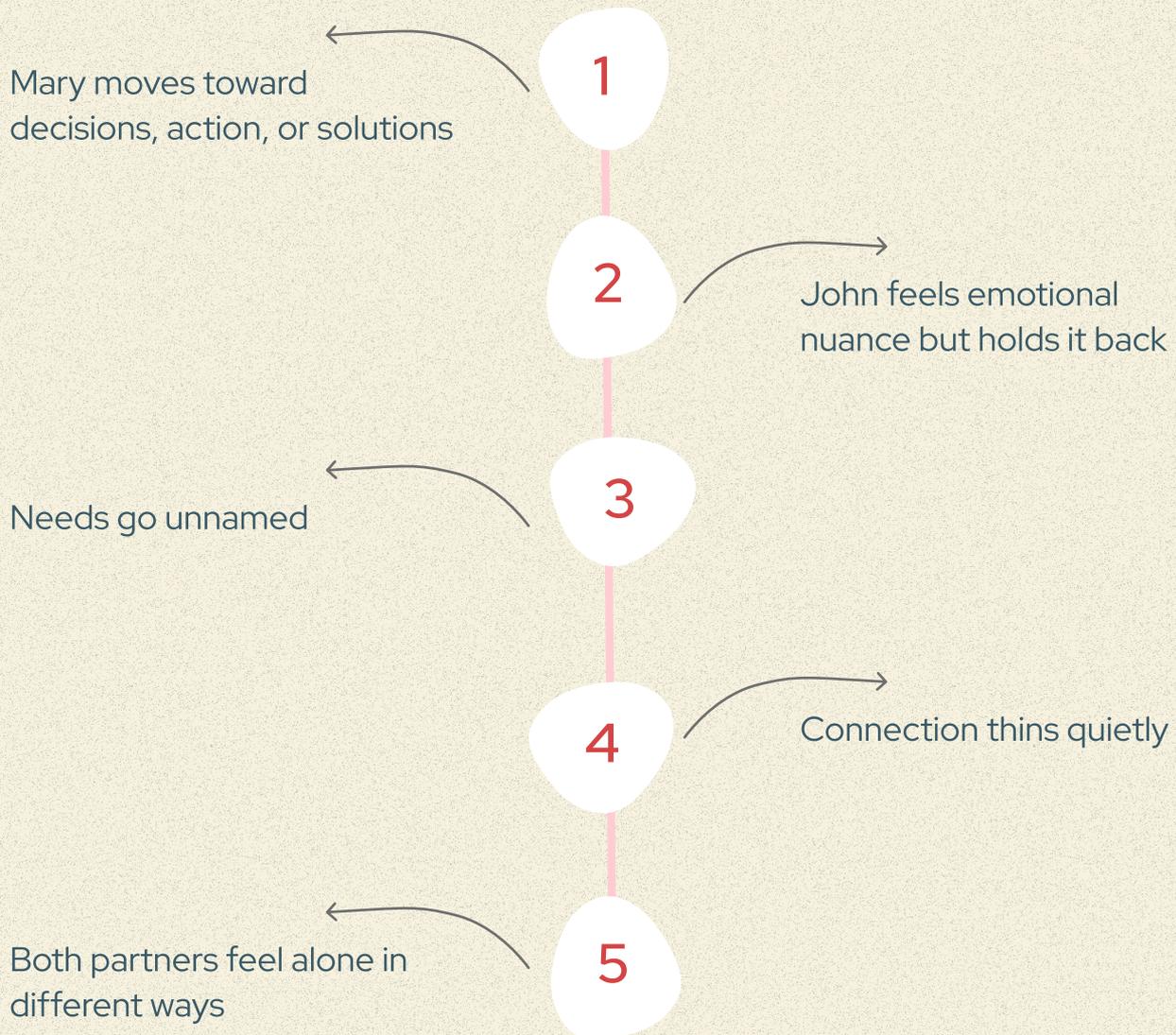
- ✦ Low reactivity
- ✦ High empathy and fairness
- ✦ Strong repair potential  
Conflict is rarely explosive it’s more likely to go quiet.

#### LONG TERM DURABILITY

- ✦ Shared values around loyalty and responsibility
- ✦ Strong commitment to “us,” not just self
- ✦ A relationship that can carry real-life weight  
This partnership has staying power.

## Your Main Tension Loop (The Quiet Drift)

Your tension doesn't usually show up as fighting. It shows up as timing and visibility issues.



- ▲ No one is neglecting the relationship.
- ▲ You're just missing each other's timing – and over time, "responsibility" can replace "closeness."

# What Each of You Needs

(But Rarely Says Clearly)

## What John Needs

Permission to take up emotional space without feeling disruptive

Reassurance that honesty won't create distance or disappointment

More room to be direct (not just supportive)

## When this doesn't happen, John:

- > Stays responsible and steady
- > Softens what she really feels
- > Carries emotional weight quietly

## What Mary Needs

♥ Clear emotional signals instead of quiet accommodation

♥ Honest feedback earlier, before distance builds

♥ A partner who will "interrupt the momentum" when something is off

## When this doesn't happen, Mary:

Keeps moving

Assumes things are fine

Misses chances for deeper connection

# The Relationship's Growth Edge

(This is the most important section)

♥ Your relationship doesn't need more effort. It needs better access to two underused capacities.

## Growth Direction 1:

Emotional Timing & Signaling  
(John's Adventurer + Mary's Connector)

### RIGHT NOW:

- ✦ Mary moves
- ✦ John adapts

### GROWTH LOOKS LIKE:

- ✦ John naming needs earlier, not later
- ✦ Mary pausing long enough to receive them (not fix them)



### TRY THIS TOGETHER:

When something feels off, John says:  
"I need to say this before it gets heavier."  
Mary's only job is to listen – not solve.  
This prevents quiet buildup.



### TRY THIS TOGETHER:

- Once a week, pick one of these and do it within 7 days:
- A "new" experience (even small) that breaks routine
  - A direct conversation you'd usually avoid
  - A playful moment you plan, not hope for

## Growth Direction 2:

Joy + Risk Inside the Safety  
(John's Life Enthusiast + Mary's Adventurer)

### RIGHT NOW:

- ✦ Both of you lean heavily on responsibility
- ✦ Spontaneity and boldness can get postponed

### GROWTH LOOKS LIKE:

- ✦ Choosing small shared risks on purpose (not waiting for life to force them)
- ✦ Building connection through aliveness, not only loyalty and duty

The point is simple: your relationship already has safety – now use it to become more alive.

## If You Remember Only One Thing

This relationship isn't fragile.

It's strong enough to handle more truth.

- ✦ Mary brings direction.
- ✦ John brings care.
- ✦ The next level of intimacy comes from:
  - Slowing down just enough
  - Speaking up just early enough

💡 Small shifts in access even 10–15% will change the entire relationship system.

### Where This Leaves You

This is a high-capacity, high-potential relationship

Loyalty



Responsibility

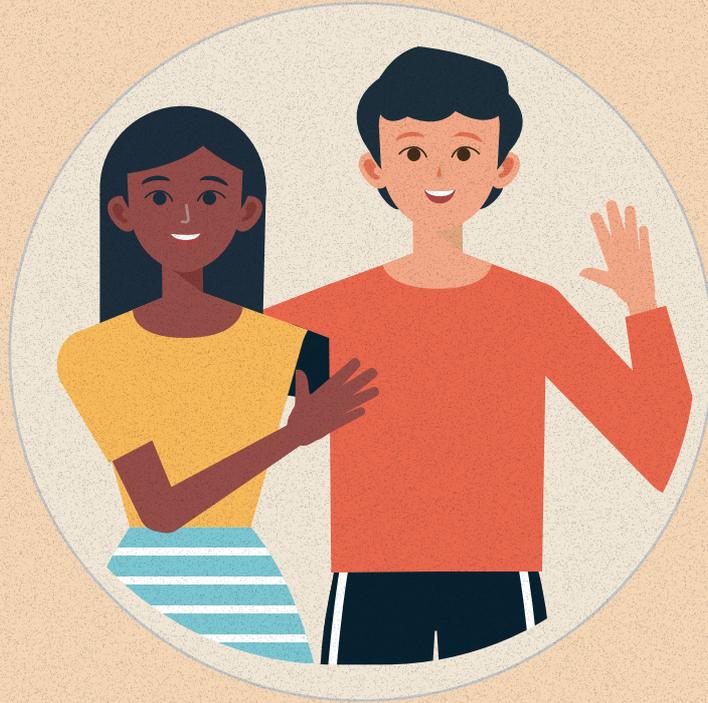


Emotional steadiness



And real room to deepen honesty and aliveness





# THANK YOU FOR YOUR PURCHASE

Thank you for investing in the Six Sides of You<sup>®</sup> Couples Readout. Your support helps us continue creating tools that foster clarity, growth, and deeper connection. We hope this report brings insight, understanding, and meaningful growth to your relationship.