

What does it all mean?

How well do you understand yourself and those around you?

The following information can increase your understanding of yourself and those around you. It can be used to cultivate healthy interdependence establishing caring environments to help one another thrive.

NEED

Approval
Acceptance
Attention
Affection

NEED

Loyalty
Sense of Control
Appreciation
Credit for Work

NEED

Harmony
Feeling of Worth
Lack of Stress
Respect

NEED

Safety
Sensitivity
Support
Space & Silence

RED

The red personality is generally considered the "dominating personality". These are the types of people who demand that things be done their way and right now. They sometimes have low tolerance for undisciplined and devil-may-care attitudes which oftentimes put them at odds with the yellow personality. Devil-may-care attitudes seem relaxed and do not seem worried about the consequences of their actions. If faced with a stressful situation the red personality would generally seek out strenuous activities like running or boxing to vent out his or her frustrations. Most reds fear failure.

More interesting facts about the red personality include their desire to win, competition, and a confident personality. Even though the red personality is competitive, they can also be insecure which gives a need for approval from others and drives their need to win. They can be selfish, and not a good team player, because they would rather be in the spotlight which makes them sometimes selfish.

Red Personality Tendencies

Getting immediate results

Making quick decisions

Persistence

Solving problems

Taking charge

Looking self-reliant

Accepting challenges

Red Personality Ideal Situation

New varied activities

Opportunity to really get things done

Continual challenges, multi-tasker

Difficult assignments

Freedom to act from their instinct

Control over the situations

Direct answers from others, no innuendoes

Red Personality Weaknesses

Insensitivity towards others

Impatient

Overlook risks

Inflexibility

Demanding of others

Talks too much

Inattentive to details at times

Resenting of restrictions

Red Personality Needs Others to Provide

Attention to routine tasks

Caution

Focus on details and facts

Red Personality Personal Growth Area

Greater patience

Sensitivity to others' needs

Flexibility

YELLOW

The yellow personality is generally regarded as the sunniest personality. Often you will find them the life of the party. They are most of the time the loudest and most vocal of the four types of color personality. Some would regard them as the happy-go-lucky type who seems unable to take anything seriously. The yellow personality treats life as if it's one big, continuous party. If faced with a stressful situation, the yellow person would seek out friends and drink it out. Most yellow personalities fear rejection most.

More interesting facts about the yellow personality include they can be very loyal and great team players, and are personable and friendly. They can be family oriented and animal lovers, plus environmentally conscious and love the outdoors. Yellow personalities do not like conflict and are more adept at being the peacemaker. A yellow personality is creative, expressive, intuitive, and makes great volunteers. They dislike phony people.

Yellow Personality Tendencies

Optimism
Enthusiasm
Makes good impressions
Verbally articulate
Likes to help others
Creates entertaining climate

Yellow Personality Ideal situation

Friendly warm environment
Freedom from control
Public recognition of ability
Opportunity to talk
Positive reinforcement
Enthusiastic response to ideas

Yellow Personality Weaknesses

Following through
Overestimating results
Misjudging capabilities
Talks too much
Acts impulsively
Jumps to conclusions
Over commits
Acts first, thinks second

Yellow Personality Needs Others to Provide

Follow through on details
Focus on tasks
Logical approach

Yellow Personality Personal Growth Area

Time awareness
Objectivity in decision making

GREEN

The green personality is generally referred to as the calm personality. They don't easily get frazzled and are the epitome of calmness even in most stressful situations. To them also falls the role of mediator when faced with sticky situations. When stressed, the green's approach is to sleep it off. The green personality tries his/her best to maintain harmony in all types of situations. Because of the green's inability to say no, people oftentimes take advantage of them.

The green personality also has the following traits. They are known to be very calculating and logical in their thinking which also means they do not make snap decisions and think everything through because of their love of analyzing every question and every situation. They are more scientific in their thinking, preferring facts over intuition of faith based answers. This can make the green personality rather skeptical of people and those with ulterior motives. They need a precise plan to follow, and they are not spontaneous, and do not like surprises. They can also be perfectionist and sometimes end up being emotionally detached.

Green Personality Tendencies

Supportive
Agreeable
Loyal
Self-control
Consistent
Good listener
Opportunity to develop personal relationships

Green Personality Ideal Situation

Sincere appreciation by others
Minimal conflict between people
Security
Acknowledgement of work by others
Limited territory
Traditional procedures
Opportunity to develop personal relationships

Green Personality Weaknesses

Resist change
Trouble making deadlines
Overly lenient with people
Procrastinates
Indecisive
Holds grudges
Overly possessive
Lacks initiative

Green Personality Needs Others to Provide

Push to try new challenges
Help in solving difficult problems
Initiative and accepting change

Green Personality Personal Growth Area

Facing confrontation and dealing with it
Moving at a faster pace and initiating

BLUE

The blue personality type is seen as the perfectionist. They are the ones who would generally examine the smallest details of every situation and fret about each one of them. The blue personality oftentimes appears unemotional and doesn't want to be touched. The greatest fear of a blue person is to be criticized.

Blue Personality Tendencies

Orderliness
Conscientious
Disciplined
Precise
Thorough
Diplomatic with people
Analytical

Blue Personality Ideal situation

Being able to concentrate on detail
Opportunities to critique
Stable surroundings and procedures
Exact job description, expectations
Opportunities for "careful" planning
Sufficient time to do things right
Opportunities for reassurance from authority

Blue Personality Weaknesses

Indecisive (looking at all data)
Get bogged down in details
Rigid on the how-to's
Avoids controversy
Low self esteem
Hesitant to try new things
Sensitive to criticism
Can be pessimistic

Blue Personality Needs Others to Provide

Quick decision making
Optimism
Help in persuading others

Blue Personality Personal Growth Area

Be more open with their feelings
Be more optimistic