

DiSC® Indra™
In-depth Relationship Assessment

This Assessment reveals an individual's preferred style of behavior in relationships. It will also explain reasons you are more or less comfortable in a relationship and why some relationships take more energy than others. It highlights areas of compatibility and incompatibility, pinpointing individuals' differences and providing insight about how to work and be together more effectively.

Many people think that by eliminating our differences conflict will go away. However our differences don't cause conflict, the judgments we make about our differences do. *DiSC® Indra™* provides a map for understanding each other's view of how we handle the relationship dynamics of comfort and effectiveness

Two dimensions are measured:

- How you perceive your environment: favorable or unfavorable
 As a result whether you want to affiliate or detach in relationships
- How you perceive yourself: more or less powerful than your environment
 As a result whether you want to control or adapt in your relationships

It is a circumplex model with 16 patterns:



When using this with couples, each of you will receive a 16 page report plus an additional Dyad Report. (4 reports total). The Dyad Report includes two pages of questions designed to create an action plan for engaging one another more positively. You will also learn about other people in your life; specifically, which ones take more energy to interact with than others.

Includes four reports:





One for each individual and one each for how you interact with your partner.

True Colors®

Temperament is considered to be inborn brain “wiring.” Temperament colors the way an individual perceives and responds to people and situations. This Assessment will identify your temperament (personality) strengths and the strengths of others. It will serve you in appreciating, understanding and valuing differences. You may also invite an unlimited number of observers to complete an Automated Online Assessment that allows you to see how others perceive you. Following are the areas covered by the Assessment.

Gathering Energy
 Uniquely You
 In Childhood
 Shopping
 Communication
 Communicating with other "Colors"



At Work
 Time Management
 Stress
 With Friends
 Humor
 Applying True Colors



	<p>Green expresses persistence and determination. Green is an expression of firmness and consistency. Those with Green as a Primary Color value their intellect and capabilities above all else. Comfort in these areas creates a sense of personal security and self-esteem.</p> <p>Green are assertive, and rarely settled in their countenance, since they depend upon information rather than feelings to create a sense of well-being. Green expresses the grounding of theory and data in its practical applications and creative constructs.</p>
	<p>Blue represents calm. Contemplation of this color pacifies the central nervous system. It creates physiological tranquility and psychological contentment. Those with Blue as a Primary Color value balance and harmony. They prefer lives free from tension... settled, united, and secure.</p> <p>Blue represents loyalty and a sense of belonging, and yet, when friends are involved, a vulnerability. Blue corresponds to depth in feeling and a relaxed sensitivity. It is characterized by empathy, aesthetic experiences, and reflective awareness.</p>
	<p>Orange represents energy, potency, power, and strength. Orange is the expression of vital force, of nervous and glandular activity. Thus, it has the meaning of desire and all forms of appetite and craving. Those with Orange as a Primary Color feel the will to achieve results, to win, to be successful. They desire all things that offer intense living and full experience.</p> <p>Orange generates an impulse toward active doing: sport, struggle, competition and enterprising productivity. In temporal terms, Orange is the present.</p>
	<p>Gold represents a need to be responsible, to fulfill duties and obligations, to organize and structure its life and that of others. Those with Gold as a Primary Color value being practical and sensible. They believe that people should earn their way in life through work and service to others</p> <p>Gold reflects a need to belong through carrying a share of the load in all areas of living. It represents stability, maintenance of the culture and the organization, efficiency, and dependability. It embraces the concepts of home and family with fierce loyalty and faithfulness.</p>

Includes a 22 page personalized report per individual.



** Will also include reports from "observers" you invite that describe how they see you **

Prepare/Enrich

<p>There are five different inventories</p> <ol style="list-style-type: none"> 1. PREPARE: Pre-marital couples 2. PREPARE-MC: Pre-marital couples with children 3. PREPARE-CC: Cohabiting Couples with or without children 4. ENRICH: Married couples with or without children 5. MATE: Couples over the age of 50 <p>#2 will be used in the Remarriage Preparation Workshop</p>		
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		<p>There are six goals of the PREPARE/ENRICH Program:</p> <ol style="list-style-type: none"> 1. To explore Relationship Strengths and Growth Areas 2. To learn Assertiveness and Active Listening Skills 3. To learn how to resolve conflict using the Ten Step Model 4. To help the couple discuss their Family-of-Origin 5. To help the couple with financial planning and budgeting 6. To focus on personal, couple and family goals
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This is the most widely administered assessment that predicts the success of marital relationships. It focuses on “Significant Issues for Couples” (13 scales) that predict the areas where conflict will occur:

<p>Communication Conflict Resolution Personality Issues Financial Management Sexual Expectations Marital Expectations Leisure Activities</p>			<p>Children & Parenting Family & Friends Marriage Expectations Idealistic Distortion Role Relationship Spiritual Beliefs</p>
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Personality Assessment (4 scales) about self and partner:

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|-----------------|-------------------|
| Assertiveness | Avoidance |
| Self-Confidence | Partner Dominance |

Couple & Family Map (4 scales) identifies the family of origin styles and couple style.

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|------------------------------|--------------------|
| Family-of-Origin Closeness | Couple Closeness |
| Family-of-Origin Flexibility | Couple Flexibility |

Includes a 28 page Booklet with six couple exercises.