

RELATIONSHIP INTERACTION INSIGHTS

From pg. 47 of *Four Patterns of Healthy People* by Matt Norman

Category	Name/ Relationship	How Do You Interact? (consider family, personality, and organizational affiliation influencers)	Pattern Health (1 to 10 with 10 being highly mutually healthy)
Family			
<i>Ex. Mike/Brother-in-law</i>	<i>I tend to talk more and he tends to listen more. He's very accommodating (third child growing up) and I can be strong-willed (first child in my family). There's very little conflict as we are both very quick to back off if we sense the other is getting frustrated or upset. We work together so we often reflect the open communication style of our team.</i>	<i>9 – we have deep trust and productivity though we also need to work on having the courage to speak truth to each other and engage in productive discourse.</i>	
Work			

Personal Life		

Schedule a Keynote or Coaching Sessions.

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