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JOHN Q. PUBLIC

This Workbook contains the following topic(s):

Your relationship with your husband/wife
Your relationship with your child
Your relationship with your parent or guardian
Money and trust (alpha)
Forgiving others
Your relationship with your Discovery Partner

What's in this Workbook

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About this Dynamas Dialog Workbook

Instructions

1. Use the Workbook with another person

The Workbook is designed to be used by two or more people working together. Please don't use it on your own -- you will not get the full benefit of the Workbook if you try to use it by yourself.

2. Work with one Topic at a time

If your Workbook contains more than one Topic, work with each Topic separately. Don't try to deal with more than one Topic at a time.

3. How to work with each Topic

- For each Topic, find the page that describes you.
- There are checkboxes next to each statement that describes you. Next to each statement is a checkbox. Find two or three statements that you feel best describe you. Put a check in the checkbox next to each of those statements.
- Wait till your Partner(s) have done the same.
- Now take turns telling your Partner(s) why you chose the statements you chose. Tell your Partner(s) why you chose those statements. Let your Partner(s) do the same.
- Now you can discuss the statements you chose. How do the statements affect the way you relate to your Partners? For each Partner, how do the statements that he/she chose affect their relationships with you? Do the statements suggest what your strengths may be? Do they suggest why you might have problems with your Partner(s) from time to time? Are there any changes that you and your Partner(s) could make as a result of your discussions? What might you and your Partner(s) do differently in the future? How can these statements, and your discussions, help you meet your joint goals?
- When you have concluded your discussions, *write what you have learned and what you intend to do in your Action Plan (the last page of this Workbook).*

Topic 1: Your relationship with your husband/wife

About this Topic

Remember, a statement appears because it *may* be significant when people work with the respondent, not because it *is* significant. Only the respondent can decide which statements are significant for him/her.

JOHN Q. PUBLIC: Topic 1: Your relationship with your wife

Read each of the statements carefully, and then check the two or three statements you feel are most significant

SECTION A: When you're at your best

- [] You prefer to be direct and open in interactions with her
- [] You're organized and like to do things a certain way
- [] You like to exercise authority directly in your relationship
- [] You take pride in your material possessions as a symbol of the success of your relationship
- [] Actively doing things together is for you an important part of a good relationship
- [] You tend to have high expectations of your relationship
- [] You like variety and novelty and doing two or more tasks at the same time
- [] Personal freedom within the bounds of a loving relationship is important to you

SECTION B: What you need

- [] You feel more at ease when she is frank and direct with you
- [] Your relationship with her benefits from time spent just with one another
- [] It's important to you to feel that you are an authority figure in your relationship
- [] You tend to respond to marriage as a challenge which requires dedication in order to work
- [] You like plenty of notice of any change affecting your relationship with your wife
- [] You need to feel that you have opportunities for freedom of action and expression in your marriage

SECTION C: Things to work on

- [] Sometimes you can be too terse with your wife, particularly if you feel stressed
- [] You can withdraw when you and your wife have to socialize
- [] You can become outspoken, even domineering, with her
- [] You may tend to see disagreements between you as rooted basically in financial matters
- [] When things go wrong in your relationship, your tendency is to blame yourself or to have unrealistic expectations of your wife
- [] You can find it hard to sit still and concentrate
- [] You can sometimes be too ready to act, think, and talk unconventionally when you feel under stress

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[Dynamas can tell you about people's management style. Talk to your consultant for details -- contact information is above](#)

Topic 2: Your relationship with your child

About this Topic

Remember, a statement appears because it *may* be significant when people work with the respondent, not because it *is* significant. Only the respondent can decide which statements are significant for him/her.

JOHN Q. PUBLIC: Topic 2: Your relationship with your child

Read each of the statements carefully, and then check the two or three statements you feel are most significant

SECTION A: When you're at your best

- You're generally forthright in your dealings with your child
- You prefer to build your relationship with your child on basic rules, which you want her/him to follow
- You prefer to exercise authority directly with your child where that is appropriate
- You like to teach your child the real value of money
- You value the time you and your child spend in physical activities
- You usually hold your child to the same high standards you impose on yourself
- It is natural for you to create an environment for your child that has plenty of variety and novelty in it
- You like to encourage your child to explore her/his personal freedom

SECTION B: What you need

- You like your child to be direct and open with you
- You value the extent to which your child wants to be just with you, as opposed to wanting to socialize
- You need to feel that your child sees you as a figure of authority in the family
- It is natural for you that your child have high expectations of you
- You prefer that your child not spring surprises on you
- To some extent, you like to be regarded as the unorthodox parent or guardian

SECTION C: Things to work on

- You can react adversely if your child's sensitivity prevents her/him being frank with you
- You can find it hard to participate when your child wants you to be involved constantly in her/his social activities
- You can become too domineering and over-assertive with your child
- You can place too much emphasis on the importance of your child winning at all costs
- You can sometimes be unrealistic in what you expect of your child and of yourself
- You can underestimate the extent to which your child can value a predictable routine
- You can underestimate the extent to which your unusual values and ideas can make your child feel uncomfortable

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Topic 3: Your relationship with your parent or guardian

About this Topic

Remember, a statement appears because it *may* be significant when people work with the respondent, not because it *is* significant. Only the respondent can decide which statements are significant for him/her.

JOHN Q. PUBLIC: Topic 3: Your relationship with your parent or guardian

Read each of the statements carefully, and then check the two or three statements you feel are most significant

SECTION A: When you're at your best

- [] You much prefer to be open and direct when you talk to your parent or guardian
- [] Generally, you like to organize your life and do things in a particular way
- [] You don't mind arguing with your parent or guardian when you feel that you are right
- [] You like to be competitive, and sometimes you like to be competitive with your parent or guardian
- [] If you're spending time with your parent or guardian, you like to be physically active
- [] You tend to have high expectations of yourself and you also hold your parent or guardian to a high standard
- [] You like to do more than one thing at a time, so it can be hard for you to focus sometimes when your parent or guardian needs your attention

SECTION B: What you need

- [] You'd prefer your parent or guardian to be direct and forthright with you, rather than talking around issues
- [] You need to be left alone or with one or two friends, and you need your parent or guardian to understand this
- [] It's important that your parent or guardian be an authority figure that can stand up to you and other people
- [] You respond better when your parent or guardian is demanding but fair than you do if s/he simply accepts it when you do less than your best
- [] You tend to prefer to be left alone by your parent or guardian if you're focusing your attention on one particular task

SECTION C: Things to work on

- [] You may become too frank and direct with your parent or guardian if you think s/he is not being open with you
- [] If your parent or guardian puts you in a social situation you dislike, you tend to simply shut down and say nothing to anyone
- [] When you get under pressure, you can become much too assertive with your parent or guardian, to the extent that winning the argument becomes more important than the issue you were talking about
- [] Sometimes you can be tempted to place too much emphasis on your parent or guardian giving you money or gifts
- [] Under pressure, you can sometimes have expectations of your parent or guardian that are simply unrealistic
- [] When things like homework require your concentrated attention, it can be hard for your parent or guardian to appreciate just how hard it is for you to focus

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Use Dynamas to tell you [the biggest mistakes you can make](#) with key people. Ask your consultant for more information -- contact information is above

Topic 4: Money and trust (alpha)

About this Topic

Remember, a statement appears because it *may* be significant when people work with the respondent, not because it *is* significant. Only the respondent can decide which statements are significant for him/her.

JOHN Q. PUBLIC: Topic 4: Money and trust (alpha)

Read each of the statements carefully, and then check the two or three statements you feel are most significant

SECTION 1: When money matters become stressful, you may:

- [] Become too terse, abrupt, and direct with key people -- your family, close friends, or advisers
- [] Be too secretive about your financial affairs, even when talking about them in a group setting might be beneficial to you
- [] Become overbearing or domineering with advisers or family when you are feeling afraid or insecure
- [] Be inclined to distrust even those who are working on your behalf because you suspect they are mainly out for themselves
- [] Be unrealistic or over-demanding of advisers and others who help you, and be too self-critical when things go wrong
- [] Want to constantly change your investment or savings patterns when long-term thinking is the best approach
- [] Show too much liking for unusual or unorthodox approaches to investment

SECTION 2: It is suggested you work with:

- [] Someone who will "give it to you straight" rather than sparing your feelings
 - [] Someone who understands your need to talk over matters privately
 - [] Someone who is not afraid to argue with you if he or she thinks you are wrong or misguided
 - [] Someone whom you are happy to see rewarded if he or she does a good job with your finances
 - [] Someone who has high standards and relates well to the high expectations you have of yourself and of him or her
 - [] Someone who concentrates his or her attentions on you and your financial concerns
 - [] Someone with an imaginative or more unusual approach to financial matters
-

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Topic 5: Forgiving others

About this Topic

Remember, a statement appears because it *may* be significant when people work with the respondent, not because it *is* significant. Only the respondent can decide which statements are significant for him/her.

JOHN Q. PUBLIC: Topic 5: Forgiving others

Read each of the statements carefully, and then check the two or three statements you feel are most significant

SECTION 1: Forgiveness may be hard for you because:

- of a desire to tell the people who wronged you exactly what you think of them
- you simply want to be left alone instead of engaging with people you don't like
- you're afraid that if you ever got involved in trying to forgive, you'd start getting pushy or domineering
- the focus seems to be in the wrong place: why should you forgive when you were the one who suffered?
- there is a certain amount of guilt about your part in the matter, however unreasonable that guilt may be, and you're not sure what to do about that
- it's hard to make up your mind just how you should approach forgiveness, with all the advice you seem to get

SECTION 2: We suggest one or more of the following:

- Talk to someone who is matter-of-fact but whom you know to be wise in these matters
 - Talk to people who are close to you where possible, rather than in front of a group
 - You'll do well if you seek help from someone you can respect as a natural authority figure
 - Discuss the matter with someone who understands your difficulties with the apparent "one-sidedness" of forgiveness
 - Share your thoughts with someone who understands how self-critical you are, in addition to the resentment you may have about the other person(s) involved
 - Talk to someone who concentrates his or her attentions on you
-

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Ask your Dynamas consultant about [leadership styles](#). Contact information is above

Topic 6: Your relationship with your Discovery Partner

About this Topic

Remember, a statement appears because it *may* be significant when people work with the respondent, not because it *is* significant. Only the respondent can decide which statements are significant for him/her.

JOHN Q. PUBLIC: Topic 6: Your relationship with your Discovery Partner

Read each of the statements carefully, and then check the two or three statements you feel are most significant

A Discovery Partner is someone with whom you have agreed to share this part of your journey, at least for a period of time. For the purposes of dialog, a Discovery Partner is a peer or an equal, even though you may come from different parts or levels of your organization. Most products from Dynamas Resources are suitable for use by Discovery Partners.

SECTION A: When you're at your best

- You prefer to be direct and straightforward with your partner
- You prefer to take a more organized approach to your work with your partner
- You like brisk discussions, and you don't mind disagreeing openly with your partner when you and he or she see things differently
- You like to feel that a significant result of your work with your partner is that you both strive to be the very best you can be
- You like discussions with your partner to be energetic and forceful
- You tend to have high expectations of yourself and your partner. You may well see the work you do together as being a work in progress, rather than as an exercise which can be "completed successfully"
- You enjoy dealing with more than one issue at a time and moving from one to another in your discussions
- You enjoying exploring more unusual and complex matters with your partner

SECTION B: What you need

- You prefer your partner to be direct and open with you
- You need to feel confident that the relationship between you and your partner is private
- You need to feel that your partner will not be afraid to discuss openly any differences in opinion between you
- You need to feel that you and your partner are addressing issues of real importance, and that you are both committed thoroughly to the work you are doing
- You need to feel that you have your partner's full attention when you are talking about serious matters
- When your partner expresses unusual or unorthodox opinions, you can find it stimulating even if you don't agree with them

SECTION C: Things to work on

- You can sometimes be too forthright
- You may be inclined to use your one-on-one time with your partner as a substitute for interacting with others at a more social level
- You may sometimes become too domineering and over-assertive with your partner
- Your underlying competitiveness can make you feel impatient if your partner talks at length about abstract values
- You can sometimes be unrealistic in what you expect of your partner and of yourself
- You can become too distracted by secondary or outside issues instead of concentrating on the main point
- Sometimes you can be tempted to do or say unusual things, and then underestimate the extent to which this may trouble your partner

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[What's the best way to talk to that important person?](#) Ask your Dynamas consultant for more details: [contact information is above](#)

An Action Plan

All the discussions you have had with your Partner(s), and all the commitments you may have made with respect to changes, will come to nothing unless you create a plan to bring those changes about.

Create your Action Plan by thinking about what you have experienced while working with this information and your Partner(s).

What have you learned from this experience? What are you going to do differently? How will you *know* you have done what you commit to do here?