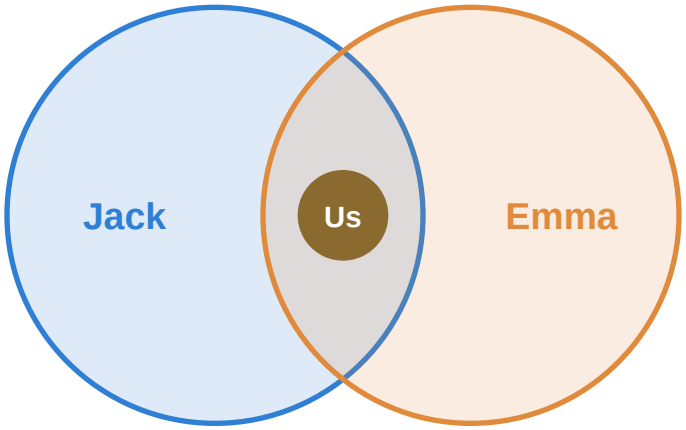


Couple Map

Jack & Emma

November 22, 2026

SAMPLE · Jack and Emma are a fictional couple

Prepared for _____

WHAT THIS IS

R.O.S. helps two people understand how each of them is wired and run their relationship on purpose: a shared language, small weekly practices and a Weekly Huddle. Jack made this report to share with someone who supports them both. It includes only what each of them chose to share in R.O.S.

WHAT'S INSIDE

1. How you're each wired
2. Your dynamics
3. What you're each adapting
4. Why you do what you do
5. How you handle emotions
6. Your Operating Agreement

BASED ON

Jack: TTI Success Insights assessment
Emma: TTI Success Insights assessment

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1 How you're each wired

DISC describes how a person tends to act: Dominance (problems and pace), Influence (people and talk), Steadiness (pace and change) and Compliance (rules and details). Scores run from 0 to 100.

Jack

CORE STYLE

ID

Strongest: Influence (78)

Least natural: Steadiness (24)

From a TTI assessment

Emma

CORE STYLE

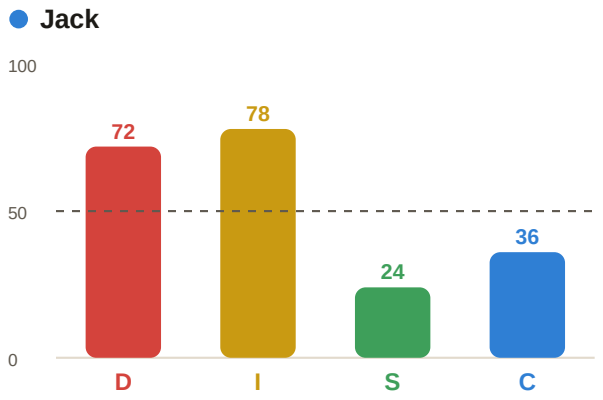
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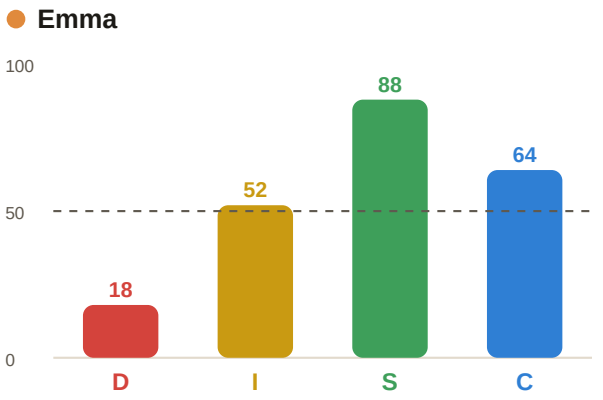
Strongest: Steadiness (88)

Least natural: Dominance (18)

From a TTI assessment

NATURAL STYLE · WHO YOU ARE WITH NOTHING TO PROVE





YOUR WIDEST GAP

Steadiness, how you handle change and pace: Jack 24, Emma 88. This is where you are most likely to misread each other, and where a small agreement helps most.

Bars above the dashed Energy Line come naturally and give energy. Bars below it take energy.

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2 Your dynamics

Where your two styles meet: what tends to happen, why, and what to try.

DYNAMIC 1

Deciding

Jack decides in seconds. Emma needs to sit with it.

WHY IT HAPPENS

Jack feels stalled and starts pushing. Emma feels rushed and goes quiet — which Jack reads as a yes. Neither of you is being unkind. You just move at different speeds.

TRY THIS

Jack: say the deadline, not the push — "I'd like to decide by Friday; what would help you get there?" Emma: give a status, not silence — "I'm probably a yes, I just need until Thursday." A deadline from one of you and a status update from the other are small, and they work together.

FOR EXAMPLE

Sunday night, kitchen. Jack: "So we're doing it, right?" Emma, loading the dishwasher: "…Maybe." Jack hears yes and moves Monday. Emma finds out Wednesday and goes quiet for two days. Nobody fought, and both of you ended up unhappy.

DYNAMIC 2

Under pressure

Jack pushes. Emma withdraws.

WHY IT HAPPENS

The harder one of you pushes to resolve it tonight, the further the other pulls back to find their footing. One experiences retreat as being shut out. The other experiences pursuit as being cornered. You end up arguing about how you argue instead of the original problem.

TRY THIS

The pusher: name the pause instead of chasing — "I can tell you need a minute. Can we pick this up after the kids are down?" The one who withdraws: name the return — "I'm not done. I'll come find you at nine." Taking a break with a set time to come back is not shutting down. It's a plan.

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DYNAMIC 3

Recharging

Jack recharges around people. Emma recharges alone.

WHY IT HAPPENS

"Rest" means opposite things. One of you plans the Saturday the other needs to recover from.

HOW TO USE IT

Name what a good Sunday looks like for each of you, and take turns.

What you're each quietly doing to meet in the middle

You're both flexing toward each other and neither of you knows the other is doing it.

Jack is slowing down; Emma is speeding up. From the inside it feels like you're each carrying the marriage alone. From the outside it looks like two people leaning the same direction.

> **Try this:** Once this week, tell the other one thing you've noticed them doing differently.

Why "help" feels like criticism

When Jack jumps in to fix, the tone sharpens without Jack noticing — and Emma hears a verdict.

> **Try this:** Jack: ask before you fix — "Want a hand or an ear?" Emma: if it's an ear, say so before the fix arrives.

Who decides, who keeps the peace

Jack's top motivator sits at the bottom of Emma's ranked list, and vice versa. Every decision is secretly a values collision — and the Snapshot couldn't see it at all.

> **Try this:** Answer both questions out loud — what does this get us, who does this cost — before deciding anything over $200 or longer than a weekend.

Sundays

"Rest" means opposite things to you.

> **Try this:** Alternate. One Sunday is Jack's, one is Emma's, and the kids' nap is nobody's.

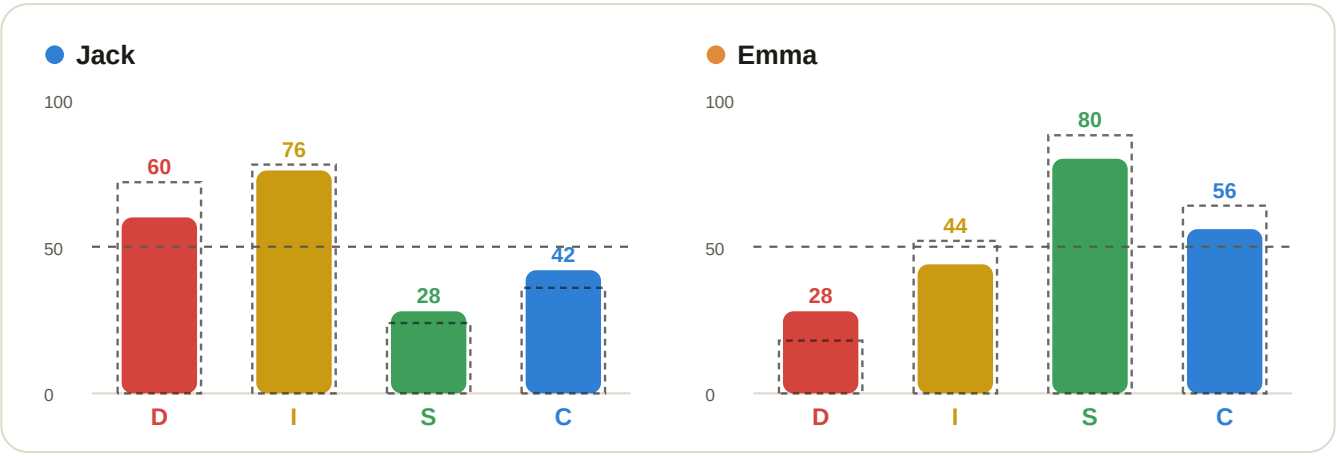
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How you get things done · Working Genius

Jack lives in getting everyone moving. Emma lives in helping whoever needs a hand. Together you cover a lot of the project — with one gap: nobody in this house loves finishing. That's why the garage has been half-organized since March.

3 What you're each adapting

How each of you has been acting lately. The dashed outline is your natural style, so the gap shows where you're adapting.



Your **adapted style** is how you've actually been acting lately, in the life you're living right now. Everyone adapts. It isn't fake and it isn't wrong. It's you responding to what you believe your surroundings require of you.

Why people adapt

Work or role.
A job that rewards a different style: a quiet person in sales, a fast decider in a careful, by-the-book role.

A season of pressure.
A new baby, a move, a sick parent, a tight budget, a business that needs you more than usual.

The relationship itself.
Turning yourself down to keep the peace, or turning yourself up to be heard.

Expectations.
What you think a good spouse, parent, partner or leader "should" look like, spoken or not.

If your adapted graph looks different from your natural one, your environment is asking something of you. Small shifts are healthy flexibility. Big shifts (roughly 10 points or more on a scale) cost steady energy, and over time that cost can show up as tiredness, a short fuse, or feeling unlike yourself. The useful question isn't "which one is the real me?" It's **"what is asking me to change, and is it worth what it costs?"**

Jack is turning the push down (Dominance 72 -> 60) — deciding slower and pressing less than comes naturally. That effort is real and mostly invisible to Emma.

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Emma is pushing harder than comes naturally (Dominance 18 -> 28); talking less (Influence 52 -> 44); speeding up (Steadiness 88 -> 80); letting standards go (Compliance 64 -> 56). That effort is real and mostly invisible to Jack.

Emma is stretching further from natural right now (34 points of shift across the four scales, vs. 24). That person is likely more tired than they look. On **Dominance**, **Steadiness** and **Compliance**, you've each moved toward the other: you're closer lately than you are by nature. That's real effort, and it deserves to be noticed.

4 Why you do what you do

DISC, above, describes **how** you act: the behavior anyone could watch. The 12 Driving Forces measure **why** you act: what motivates you, what you're trying to protect, and what feels worth your time and money. Two people can have nearly identical DISC graphs and want completely different things.

In a relationship, this explains the arguments that aren't really about style: why the same decision feels obviously right to one of you and wrong to the other.

Where what you care about is different

Resourceful vs. Selfless

Jack wants a return on the effort. Emma gives time and effort freely.

Jack's Resourceful is 66; Emma's Selfless is 80. These pull in opposite directions, so the same choice can feel obviously right to one of you and wrong to the other — and it isn't about the choice. It's about what each of you is trying to protect.

> **What to do:** before a decision in this area, each of you says in one sentence what you're trying to protect. Then decide.

Where you agree without trying. Structured (62 / 64): you both trust proven ways and systems.

5 How you handle emotions

DISC is how you act. Driving Forces is why. EQ is neither: it measures **skill**, how well you notice emotions (your own and the other person's) and manage them in the moment. Your style and your drivers are fairly stable; EQ can be trained and grows with practice.

In a relationship, this is where hard conversations go right or wrong: whether a feeling gets named before it lands on the other person.

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How you each handle feelings, side by side



Jack's overall EQ is 79, Emma's is 73 (the average person is about 74). Jack's lowest skill is self-regulation — managing the reaction before it lands on the other person. Emma's lowest is motivation — pushing toward goals without a carrot. Those two spots are where the hard conversations usually go wrong.

> **What to do:** when things get tense, the one whose weaker skill is in play says so out loud — "I'm not reading you well right now" or "I'm about to react" — and the other slows down.

6 Your Operating Agreement

Simple rules written from your two profiles, and what to do when you disagree. Reread it together at each Quarterly Reset.

1 Deadlines, not pushes

Jack names the decide-by date instead of pressing for an answer. Emma gives a status ("leaning yes, need till Thursday") instead of silence.

2 Pauses come with a return time

Emma can ask for space, and always says when they'll come back. Jack stops pursuing once a time is named.

3 Say when you're trying

Once a week, each of you says one way you have been acting differently than usual for the other person. The other says thank you, not "you should."

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WHAT TO DO WHEN YOU DISAGREE

When it's about a decision

Jack says the decide-by date. Emma gives a status, even "leaning yes, I need till Thursday."

Avoid: "So we're agreed?" from Jack, when it's really a statement.

When one of you has gone quiet

Emma names a time to come back: "give me until 8." Jack stops pursuing until then.

Avoid: Following into another room, or a string of texts.

When it's about money

Two questions, out loud. What does it get us? Jack answers first. What does it cost, and who? Emma answers first.

Avoid: Deciding in the car.

When "help" landed wrong

Jack asks "a hand or an ear?" before fixing. Emma says which one before the fix arrives.

Avoid: Relitigating tone. Say what you needed, say what you gave, and try again tomorrow.

ABOUT THIS REPORT

DISC, Driving Forces and EQ are useful lenses for understanding behavior, not verdicts about who someone is. R.O.S. is a self-improvement tool for healthy relationships. It is not therapy, counseling or a crisis service, and this report is not a diagnosis. Assessments are licensed TTI Success Insights products, delivered by RMC Capital Coaching, LLC. rosplatform.app

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