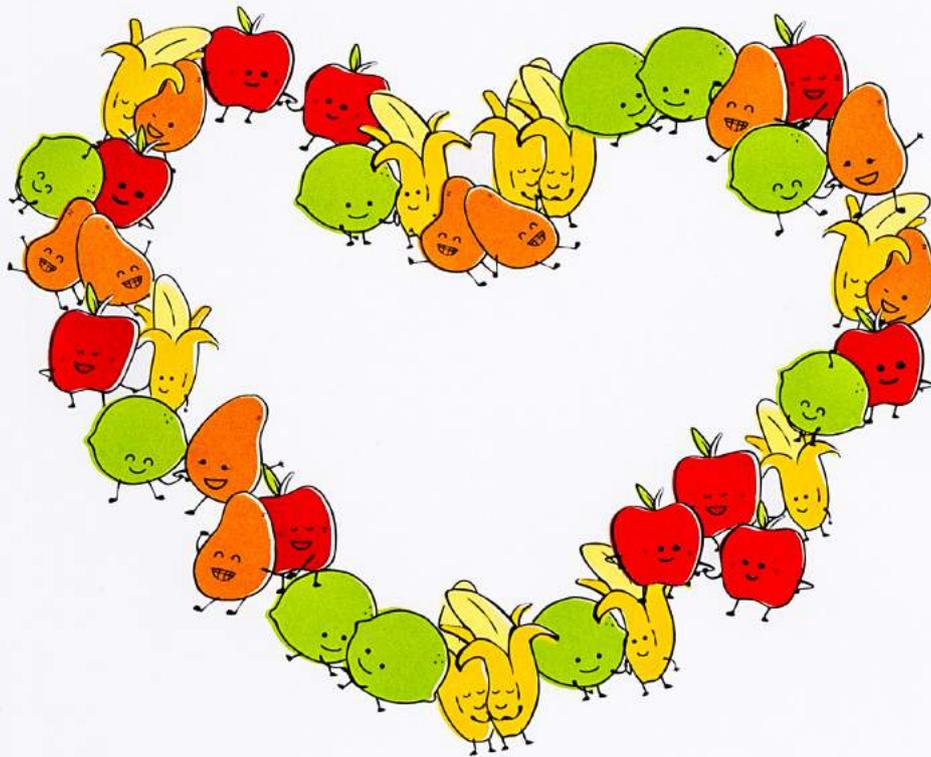


PICK ME!

LOVING AND LIVING WITH
PEOPLE YOU JUST DON'T GET



LYNNE SCHINELLA

Here's a small bite of Pick Me!
to whet your appetite.....



Love. It's a grand thing. I'm a big fan. But then, as a Mango with a Banana rising, I've got love to give out in bucket loads and I'm particularly good at it. Some have said, smothering, in fact.

But falling in love can be addictive. That feeling of euphoria, butterflies, excitement and let's face it, happiness, is all down to some pretty cool science happening in the background. Dr Helen Fisher is a US-based biological anthropologist. She has conducted extensive research and written six books on the evolution and future of sex, love, marriage and gender differences in the brain, and how your personality style shapes who you are – and who you love. Fisher says when we start falling in love our brains release chemicals such as adrenaline, oxytocin and dopamine that set our neural receptors on fire and give us a sense of euphoria and purpose.¹

It's almost like you've had a few drinks where the oxytocin lowers your inhibitions and makes you more confident and outgoing. Nothing can go wrong! We fall in love with our partner's smell (those damned persuasive pheromones), and float around wearing his shirt – though in a straight relationship, I'm not sure men get the same thrill wearing your frock.

And if you're unapologetically romantic like me, you'll enjoy the findings of a Californian study. Emilio Ferrer, a psychology professor from the University of California, Davis, conducted a series of studies on couples in romantic relationships and reported they could share experiences at a physiological level. The study found that couples in love could synchronise their heartbeats and breathing patterns when sitting close enough to each other. Aww...we breathe as one. ²

In the beginning, it's perfect.

You love that they bring so much energy. Your social life's never been better.
You love that cute little tummy.
You love that they motivate you to be a better person.

Time passes.

Why do we always have to be with other people? I just want a night in.
What's with that tummy? Fat bastard.
Why are you always on my back to do stuff? I'm not like you. Let me take my time.

So how do we make this work given the natural passing of time? In my lifetime, I've been lucky enough to fall deeply in love twice, and in a more, let's say, playful way, dozens of times, (more than Mother Theresa, less than Russell Brand). I am a great believer that when you've got something good going on, it's worth working for. And it is work.



By understanding and respecting each other's differences, though, we can become a formidable team.

Spot the Apple

You can recognise an Apple by their blunt, direct speech. They speak quickly and to the point. If you have an Apple in your life, you'll often feel like they're grilling you or not showing enough interest. Their speech is compact, crisp, and sometimes terse – then they wonder why they've lost their audience. To others, it may seem rude; to an Apple, succinct words and phrases get to the point more efficiently.

Apples often interrupt if you're not speaking quickly enough or if they're bored with what you're saying, and have no problem with appearing confrontational, even on first meeting. They may ask lots of questions as they try to find out whether you're worth talking to or not. They can punch certain words out to make a point. And there's no small talk. They're more likely to ask how you think the current political situation will affect global share prices than to talk about the weather.

Apples appear confident. They stand tall and straight, and busy eyes look you directly in the eye. Chins are uplifted. Likewise, they use strong body language; you may see closed or pounding fists, or pointing fingers. They dress efficiently: even at a barbeque, they will look businesslike, because they're always ready for action.

Spot the Mango

Mangoes often stand out because they're talking quickly and enthusiastically, using their hands a lot. In fact, all their body language is open. They look well-off and well-dressed, with their designer clothes and accessories, but look out for tell-tale signs of rushing around doing too many things at once. This usually takes the form of sloppiness in dress – a pulled thread, a missing button, a coffee stain. If you quiz them about it, they'll exclaim, "OMG – it was fine when I left home this morning!" even if it wasn't.

Look around at their environment, too. Their desk will be ordered chaos, with piles of work on the desk and surrounding floor. And if you're in their home, open their wardrobe. Just watch out as a mountain of clothes and shoes falls out on you.

Mangoes' speech is free-flowing and playful, and they have a full vocal range which they use animatedly. They don't often take a breath and you may notice a lot of the stories they tell are about them. Their thoughts can seem random, like a pinball machine, darting around all over the place from one subject and back into another.



Spot the Lime

Limes are easily recognisable because they are meticulous in their appearance: conservative and well-dressed, and neat, neat, neat. I've never seen a Lime with a smear of vegemite from breakfast or a drip of this morning's coffee down their front. You know why? Because they have a spare set of clothes in the car. Extreme Limes couldn't bear the embarrassment of being seen imperfectly in public.

They're likely to be more introverted than extroverted, saying little unless it's been well thought-out. Watch for precise, deliberate speech using a limited tonal range. Limes will make small gestures, keeping their limbs close to their body. When they listen, they're extremely focused, so it may seem their eyes are almost scrutinising you. They are just listening carefully.

A Lime's immediate environment gives you a pretty good indication of who you're dealing with. Their work desk will have a place for everything, including that hole punch. Work will be set aside neatly and the coffee cup will sit in the same spot each day. If you're in a Lime home, you'll know it. Check the wardrobe and marvel at colour-coded shirts, dresses hung by length, and a drawer where the undies are rotated for equal use.

Spot the Banana

Bananas make you feel comfortable, like a fat warm doona on a cold night. They're the first to offer you a cup of tea or a beer. Bananas listen with empathy, their eyes soft and caring. Of all the Fruit, it's easiest for the Banana to mirror your own body language (unintentionally) in an effort to get on. They can also be touchy-feely and quite comfortable inside your personal space.

You'll find their clothes casual and conforming, and a Banana desk will be a gentle mess as they lack structure and are often undisciplined. They're also the most likely to have a range of photos of family and friends and keep every soft toy or promotional item they've ever been given.

When Bananas speak, they have a genial, steady tone, use a limited vocal range, and can talk a lot about people and relationships. Although they're non-threatening and inoffensive, if you're working with a Banana you may find their endless chatter frustrating and unfocused.

The Banana's demeanour is always respectful, but the biggest hint to a Banana personality is their desire to oblige and do whatever everyone else wants. They'll offer to go first, last, or whatever makes life easier for everyone else involved. They'll meet you at the place of your choosing, go to your choice of movie, and have lamb for dinner because you feel like it.



In a relationship we have the opportunity to clash on almost every level of being together.

Social

Apples won't tolerate idiots in their lives.

Mangoes want to go out anywhere, any day.

Limes just need alone time.

Bananas always let you choose: they never decide.

Household Chores

Apples delegate.

Mangoes buy milk when it runs out.

Limes rule over household duties.

Bananas clean when they can no longer stand the mess.

Finance

Apples are all over it as long as they have control.

Mangoes spend until their credit card is knocked back.

Limes are detailed spreadsheet experts.

Bananas hope someone else will do it.

Sex

Apples like efficiency and time constraints.

Mangoes like it on the dining table.

Limes like schedules to prepare.

You'll never find Bananas through the scattered rose petals and soft lighting.

And when things go pear shaped:

Apples can resort to physical intimidation, fear and control.

Mangoes can use emotional seduction, mental manipulation and sarcasm.

Limes opt for the silent treatment, blame and superiority.

Bananas go for tears, guilt and submissiveness.

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