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# **FIRO-B<sup>®</sup>** **Interpretive Report for Organizations** with **FIRO-B<sup>®</sup> Profile**

**Developed by Eugene R. Schnell and Allen L. Hammer**

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Report prepared for  
**JANE SAMPLE**  
August 29, 2017

Interpreted by  
**Kevin Consultant**  
**ABC Consulting**



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# FIRO-B<sup>®</sup> Profile

Prepared for **JANE SAMPLE**

August 29, 2017

The FIRO-B<sup>®</sup> instrument identifies how you tend to behave toward others and how you want them to behave toward you. Your FIRO-B results can help you increase your self-understanding in a number of important areas, including how you handle interpersonal relationships and your own social needs, how others perceive you, and how you see them.

**The FIRO-B tool provides information about three fundamental dimensions of interpersonal needs:**

## **INCLUSION**

is about recognition, belonging, participation, contact with others, and how you relate to groups

## **CONTROL**

concerns influence, leadership, responsibility, and decision making

## **AFFECTION**

is about closeness, warmth, sensitivity, openness, and how you relate to others

**The FIRO-B assessment also indicates your preferences in regard to two distinct aspects of each of these needs areas:**

## **EXPRESSED BEHAVIOR**

- How much do you prefer to initiate the behavior?
- How do you actually behave with respect to the three fundamental interpersonal needs?
- What is your comfort level engaging in the behaviors associated with the three needs?

## **WANTED BEHAVIOR**

- How much do you prefer others to take the initiative?
- How much do you want to be on the receiving end of those behaviors?
- What is your comfort level when others direct their behaviors associated with the three needs to you?

This profile reports your results on the expressed and wanted aspects of the three interpersonal needs explored by the FIRO-B tool and includes basic interpretive information for each. As you read through this profile, please consider how the results compare with your own sense of how you interact with others. Results should not be used to make a judgment about whether any behavior or any person is good or bad. You should avoid making major decisions based on the results of only one assessment.



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## Your FIRO-B® Results

Below are your scores for both expressed and wanted aspects of Inclusion, Control, and Affection, along with total scores for each dimension.

	INCLUSION	CONTROL	AFFECTION	TOTAL EXPRESSED																																
<b>EXPRESSED</b>	<table border="1"> <tr><th colspan="2">Expressed Inclusion</th></tr> <tr><td><b>4</b></td><td>Medium</td></tr> <tr><td colspan="2">You tend to include others in some of your activities, join and belong to select groups, and interact with people some of the time.</td></tr> <tr><td colspan="2">Range: 0-9</td></tr> </table>	Expressed Inclusion		<b>4</b>	Medium	You tend to include others in some of your activities, join and belong to select groups, and interact with people some of the time.		Range: 0-9		<table border="1"> <tr><th colspan="2">Expressed Control</th></tr> <tr><td><b>4</b></td><td>Medium</td></tr> <tr><td colspan="2">You control and influence others and situations to some degree, organize and direct others at times, and assume responsibility when appropriate.</td></tr> <tr><td colspan="2">Range: 0-9</td></tr> </table>	Expressed Control		<b>4</b>	Medium	You control and influence others and situations to some degree, organize and direct others at times, and assume responsibility when appropriate.		Range: 0-9		<table border="1"> <tr><th colspan="2">Expressed Affection</th></tr> <tr><td><b>7</b></td><td>High</td></tr> <tr><td colspan="2">You typically get close to people and are comfortable expressing feelings and supporting others.</td></tr> <tr><td colspan="2">Range: 0-9</td></tr> </table>	Expressed Affection		<b>7</b>	High	You typically get close to people and are comfortable expressing feelings and supporting others.		Range: 0-9		<table border="1"> <tr><td><b>15</b></td><td>Medium</td></tr> <tr><td colspan="2">You initiate activities with others, but it clearly depends on the people and the situation.</td></tr> <tr><td colspan="2">Range: 0-27</td></tr> </table>	<b>15</b>	Medium	You initiate activities with others, but it clearly depends on the people and the situation.		Range: 0-27			
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For further information on the FIRO-B instrument and reports, refer to *Introduction to the FIRO-B® Instrument in Organizations* by Eugene Schnell and Allen Hammer, *Introduction to the FIRO-B® Instrument* by Judith Waterman and Jenny Rogers, and *Participating in Teams* by Eugene Schnell, all available from CPP, Inc.



# INTRODUCTION

The purpose of this report is to show how your results from the FIRO-B® assessment can help you understand your behavior and the behavior of others in your organization. Information from the FIRO-B tool can help you maximize the impact of your actions, identify options for increasing your job satisfaction and productivity, and explore alternative ways to achieve your goals. This report provides an explanation of your results and then considers how your results can help you:

- Plan your career development
- Increase your job satisfaction
- Improve your effectiveness on teams
- Identify the strengths and weaknesses of your leadership style

As you read through this report, keep in mind that all instruments have limitations. The FIRO-B instrument is not a comprehensive personality test; it focuses on how you are oriented to interpersonal relations. Results should not be used to make a judgment about whether any behavior or any person is good or bad. The FIRO-B assessment is a measure of interpersonal needs, not a test of abilities, career interests, or success. Finally, you should avoid making a major decision based on the results of only one instrument.

The FIRO-B tool measures your interpersonal needs in three areas.

## INCLUSION [I]

The need for Inclusion relates to forming new relations and associating with others; it determines the extent of contact and prominence that a person seeks. Descriptors include:

- belonging
- involvement
- participation
- recognition
- distinction

## CONTROL [C]

The need for Control relates to decision making, influence, and persuasion between people; it determines the extent of power or dominance that a person seeks. Descriptors include:

- power
- authority
- influence
- responsibility
- consistency

## AFFECTION [A]

The need for Affection relates to emotional ties and warm connections between people; it determines the extent of closeness that a person seeks. Descriptors include:

- personal ties
- consensus
- sensitivity
- support
- openness

For each of the three interpersonal needs—Inclusion, Control, and Affection—the FIRO-B instrument also provides a measure of how much each need is *expressed* or *wanted* by you.

## EXPRESSED [e]

The extent to which you will initiate the behavior.

## WANTED [w]

The extent to which you want or will accept that behavior from others.

# YOUR FIRO-B® RESULTS

	INCLUSION	CONTROL	AFFECTION	
<b>EXPRESSED</b>	Expressed Inclusion [eI]	Expressed Control [eC]	Expressed Affection [eA]	<b>TOTAL EXPRESSED BEHAVIOR</b>
	<b>4</b>	<b>4</b>	<b>7</b>	<b>15</b>
<b>WANTED</b>	Wanted Inclusion [wI]	Wanted Control [wC]	Wanted Affection [wA]	<b>TOTAL WANTED BEHAVIOR</b>
	<b>2</b>	<b>1</b>	<b>6</b>	<b>9</b>
	<b>TOTAL NEED FOR INCLUSION</b>	<b>TOTAL NEED FOR CONTROL</b>	<b>TOTAL NEED FOR AFFECTION</b>	<b>OVERALL INTERPERSONAL NEEDS</b>
	<b>6</b>	<b>5</b>	<b>13</b>	<b>24</b>

## Factors That Can Influence Results

The following sections provide an interpretation of your FIRO-B results and show how they can be applied to help you understand your behavior in an organization. However, as you think about the meaning of your results, keep in mind that a number of extraneous factors may have affected how you responded to the FIRO-B items. Try to determine whether any of these may have influenced your results:

- Life events that lead to intense self-reflection or withdrawal from others (this will alter all of your results, but especially your need for Wanted Inclusion)
- Cultural differences affecting the expression of needs
- Misunderstanding the terms
- Consciously trying to avoid extreme responses (which usually results in a majority of results in the medium range)
- Pressure from your environment to express certain behaviors

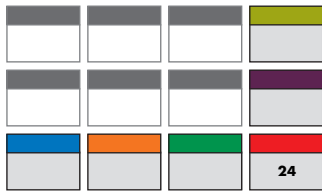
# INTERPRETATION OF YOUR FIRO-B® RESULTS

4	4	7	
2	1	6	

## Your Individual Needs

Each of the six individual needs can be defined by statements about characteristic behaviors, as shown in the table below. Your results for the six individual needs are estimates of how much each of the interpersonal dimensions is characteristic of you.

Characteristic Behavior	Your Results	What Your Results Indicate
<p><b>Expressed Inclusion [eI]</b> I make an effort to include others in my activities. I try to belong, to join social groups, and to be with others as much as possible.</p>	<p>LOW MED HIGH</p>	<p>Your result of 4 suggests that you will sometimes agree with these statements but may prefer to determine when and with whom you'll be having lots of contact at work.</p>
<p><b>Wanted Inclusion [wI]</b> I want other people to include me in their activities and to invite me to belong. I enjoy it when others notice me.</p>	<p>LOW MED HIGH</p>	<p>Your result of 2 suggests that you will usually disagree with these statements and prefer to keep a low profile.</p>
<p><b>Expressed Control [eC]</b> I try to exert control and influence over things. I enjoy organizing things and directing others.</p>	<p>LOW MED HIGH</p>	<p>Your result of 4 suggests that you will sometimes agree with these statements; you are comfortable providing structure and direction in those situations where it is sensible and expected.</p>
<p><b>Wanted Control [wC]</b> I feel most comfortable working in well-defined situations. I try to get clear expectations and instructions.</p>	<p>LOW MED HIGH</p>	<p>Your result of 1 suggests that you will usually disagree with these statements and often seek a high degree of autonomy to do your work.</p>
<p><b>Expressed Affection [eA]</b> I make an effort to get close to people. I am comfortable expressing personal feelings, and I try to be supportive of others.</p>	<p>LOW MED HIGH</p>	<p>Your result of 7 suggests that you will usually agree with these statements and that you provide a lot of warmth, encouragement, and support for others at work.</p>
<p><b>Wanted Affection [wA]</b> I want others to act warmly toward me. I enjoy it when people share their feelings with me and when they encourage my efforts.</p>	<p>LOW MED HIGH</p>	<p>Your result of 6 suggests that you will sometimes agree with these statements and have a chosen set of circumstances in which you are comfortable letting others get close to you and support you.</p>

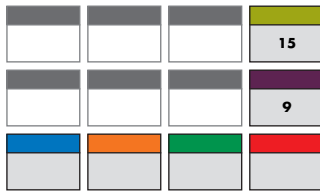


## Your Overall Interpersonal Needs

The indicator of your Overall Interpersonal Needs is the total of all six individual needs (eI + wI + eC + wC + eA + wA). This result represents the overall strength of your interpersonal needs; it shows how much you believe that other people and human interaction can help you attain your goals and achieve personal satisfaction.

**Your indicator of Overall Interpersonal Needs is 24, which falls in the medium-low range. This suggests that:**

- Your involvement with others is sometimes a source of satisfaction, but it depends on the people and the context
- You work most effectively alone, or with others when the objectives are focused
- You probably enjoy work that involves concentration on data or ideas and occasional discussions with or presentations to others
- You probably consider yourself more introverted than extroverted



## Your Total Expressed and Total Wanted Behaviors

Your result for Total Expressed Behavior (eI + eC + eA) indicates how often you take the initiative in approaching others to fulfill the three basic interpersonal needs. In general, it shows how comfortable you are being proactive.

Your result of 15 on Total Expressed is in the medium range, which suggests that you vary in the extent to which you initiate action or work proactively with others; it seems to depend on exactly who the other person or persons are and the context in which you work.

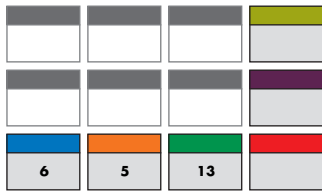
Your result for Total Wanted Behavior (wI + wC + wA) indicates how much you rely on others to get what you need. In general, it shows how comfortable you are being reactive or responsive.

Your result of 9 on Total Wanted is in the medium range, which suggests that you vary in the extent to which you are comfortable being reactive to and reliant on others; it seems to depend on exactly who the other person or persons are and the context in which you work.

Your results for Total Expressed and Total Wanted Behaviors are best interpreted in relation to each other, since they explain the general pattern of how you go about satisfying interpersonal needs.

Your Total Expressed Behavior score is higher than your Total Wanted Behavior score. Your Expressed behaviors may create the impression that you want more from others than you do; you may be more selective than you appear to be. You may find yourself wondering why others are expressing more inclusion, control, or affection toward you than you would like.





## Your Total Needs

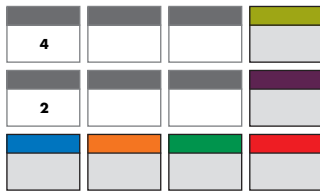
Your Total Need results reflect the overall strength of each need, or how much you seek to satisfy each of these needs in interpersonal situations.

The need with the highest score is the one you feel most comfortable pursuing. You will probably return again and again to situations that offer opportunities for you to satisfy this need. This need is also the one you are least willing to sacrifice. Your results show that your greatest Total Need is for Affection.

In a new situation you are likely to focus on finding people you can trust and establishing relationships with them, exchanging genuine reactions and opinions with others, establishing a meaningful role for yourself in the organization, and building loyalty. Once you have met some of your needs for Affection, you may then concentrate on satisfying or expressing your needs for Inclusion and Control.

The need with the lowest score is the one you are most willing to give up; over time, you may drift away from situations that provide opportunities for you to fulfill this need. Because Control is your lowest priority, you won't be much concerned about order and structure until your needs for Inclusion and Affection are satisfied.

## PATTERNS

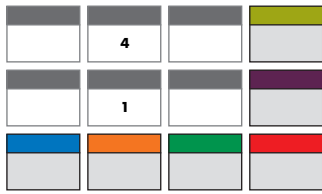


### Your Patterns of Need Fulfillment for Inclusion

**Your results on Expressed Inclusion (4) and Wanted Inclusion (2) suggest that the following pattern of behaviors may describe you.**

- You prefer working with a small group of people.
- You avoid forming too many friendships at work.
- You discourage invitations to company social events.
- You avoid being the focus of attention in meetings.
- You find recognition less important than accomplishment of the task.
- You need time alone to do your best work.

However, because your result on Expressed Inclusion was in the medium range, your behavior will probably depend on the particular people or the situation. You may want to review the statements above and think about specific situations in which they are most accurate.

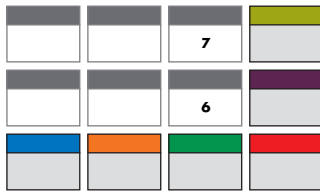


### Your Patterns of Need Fulfillment for Control

Your results on Expressed Control (4) and Wanted Control (1) suggest the following pattern of behaviors.

- You would prefer not to make important decisions.
- You don't want to be closely supervised.
- You may be stubborn and rebellious if you feel that others are trying to control you.
- You think of yourself as self-sufficient.
- You may be hesitant to ask for help or acknowledge difficulties.
- You want to move at your own speed.
- You prefer to work on projects that are not politicized.

However, because your result on Expressed Control was in the medium range, your behavior will probably depend on the particular people or the situation. You may want to review the statements above and think about specific situations in which they are most accurate.



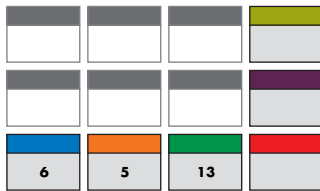
### Your Patterns of Need Fulfillment for Affection

**Your results on Expressed Affection (7) and Wanted Affection (6) suggest that you may characteristically display the following pattern of behaviors.**

- You are friendly, open, and optimistic.
- You value trustworthiness.
- You may have difficulty turning others away or controlling interruptions at work.
- You prefer to motivate others by praise and support and are best motivated in the same way.
- You may enjoy resolving conflicts and negotiating.
- You may feel sad when group projects involving regular contact with colleagues end.

However, because your result on Wanted Affection was in the medium range, your behavior will probably depend on the particular people or the situation. You may want to review the statements above and think about specific situations in which they are most accurate.

## YOUR CAREER DEVELOPMENT



Knowing your interpersonal needs can help you evaluate career opportunities, whether you are considering a new career or are seeking to improve your satisfaction with your current position. You can evaluate any opportunity by considering how well it matches your interpersonal needs.

**Your Total Need for Inclusion (6) falls in the medium range; this suggests that you will be more satisfied with jobs in which:**

- You have a regular team or people to work with, and contact with others is easy to regulate
- Recognition and status are afforded on a limited basis; only the best work and outstanding contributions to the organization are acknowledged
- You are not routinely required to become involved with decisions or issues that do not directly impact your work

**Your Total Need for Control (5) falls in the low range; this suggests that you will be more satisfied with jobs in which:**

- You have plenty of autonomy and flexibility
- Rules and procedures are flexible and accommodating to special situations
- There is little pressure to make quick decisions or to show immediate improvements
- Jumping in and trying your best on a task is more important than spending time setting goals, deadlines, or standards

**Your Total Need for Affection (13) falls in the high range; this suggests that you will be more satisfied with jobs in which:**

- The organizational climate is characterized by warmth and personal interest in employees
- Encouragement and cooperation are welcomed by and freely exchanged between employees
- The organization tries to make the workplace a home away from home
- The organization attempts to be flexible and to support the personal lives of the employees

# IMPROVING YOUR TEAM EFFECTIVENESS

4	4	7	
2	1	6	

How effective you are as a member of a team or an organization is partly a function of how flexible you are. Your interpersonal needs may lead you to certain patterns of behavior that are currently limiting your potential effectiveness. Although it is necessary to find ways to express your needs, you may be able to increase your effectiveness if you do not engage in those patterns exclusively. The questions below may help you become more flexible.

## Team Effectiveness and Inclusion

**Your need for Expressed Inclusion (4) falls in the medium range. Ask yourself:**

- Am I too cautious about recognizing others and drawing them in?
- Do I wait too long to see how others will behave before showing an interest in their contributions?
- Are there ways to allow others a chance to provide input or to offer them some updated information to encourage their cooperation and involvement?

**Your need for Wanted Inclusion (2) is low. Ask yourself:**

- Are there ways that I could enlarge my network?
- Do I meet with my team frequently enough to satisfy their needs?
- Are there ways that I could let others know that I welcome their input?

## Team Effectiveness and Control

**Your need for Expressed Control (4) falls in the medium range. Ask yourself:**

- Am I waiting too long to provide goals and focus, even though doing so could help a project or a team?
- Are others expecting me to offer a more regular and constant stream of direction or decision making because of my role or expertise?
- Would it be easier for others if I offered to take control of tasks that are closely related and complementary to my current responsibilities?

**Your need for Wanted Control (1) is low. Ask yourself:**

- Have I involved those whose expertise is necessary to make this project succeed?
- Am I showing resistance as a way to express my need for independence, or because there are real problems that haven't been solved yet?
- Have I clarified all the instructions I need to help me complete this task?

## Team Effectiveness and Affection

**Your need for Expressed Affection (7) is high. Ask yourself:**

- Can I intrude less on others?
- Would my colleagues prefer to know less about my personal concerns?
- Do I defer to others at the price of expressing my own opinion?

**Your need for Wanted Affection (6) falls in the medium range. Ask yourself:**

- Have I given mixed signals to others about my need for their encouragement and support?
- Would I be better off allowing others to share more of their personal concerns and issues with me?
- How can I assure others that I am open to their ideas and reactions?

# LEADERSHIP

4	4	7	
2	1	6	

Because your highest Expressed need represents the social arena where you feel more comfortable taking action, this result predicts which “face” you show first to a group. This need will also probably shape the foundation of your leadership style.

**Your highest Expressed need is for Affection. This suggests that you will strive to be a leader who:**

- Focuses on developing human resources
- Strives to increase and maintain employee satisfaction
- Encourages and supports others
- Minimizes conflict
- Gains legitimacy through personal commitment and loyalty
- Enjoys being liked and warmly regarded by followers
- Wants to serve and nurture
- Reassures and makes others comfortable
- Invites feedback
- Reverses honest communication

Your lowest Expressed need is the area where you feel least comfortable taking action. Therefore, you are not as likely to use the leadership style associated with this need; when you do, you are not likely to make a good impression on subordinates. Your results show that your lowest Expressed needs are for both Control and Inclusion. However, experience with others who have taken the FIRO-B assessment suggests that you will be least likely to create the impression associated with Inclusion. Therefore, you may get complaints about not treating everyone fairly and not giving everyone equal opportunity for input into decisions. Some of your followers may not feel a part of the team.

