



RELATIONSHIP COMPATIBILITY

Getting the Best out of your Relationships



Meet Narelle Duncan

Astrologer – Naturopath – Counsellor – Teacher – Author



Narelle Duncan

Narelle's Astro ~ Healing via Nature Pty Ltd

For the past 20 years, I've enjoyed living my passion.

I've combined my skills as an Astrologer, Naturopath, Counsellor, and Teacher to consult with clients all over the world - helping them get clear about their life purpose so they can reach their potential and live their best life!

Diploma of Applied Science



Advanced Diploma of Naturopathy



Diploma of Astrology



Bachelor of Psychology Honours



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SESSION OVERVIEW

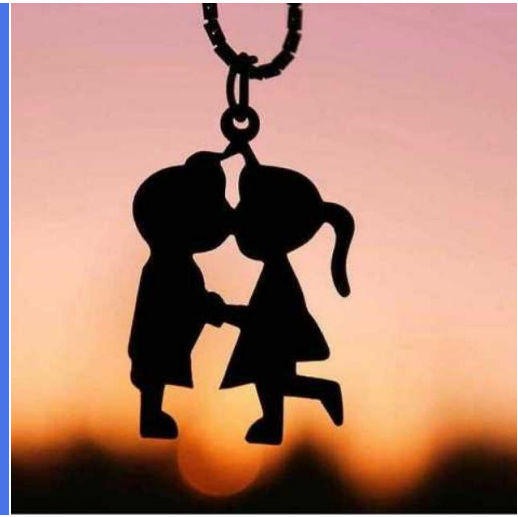
Getting the Best out of your Relationships



Attachment
Relating Style



Love Language
Venus



**Sexual
Style**
Mars



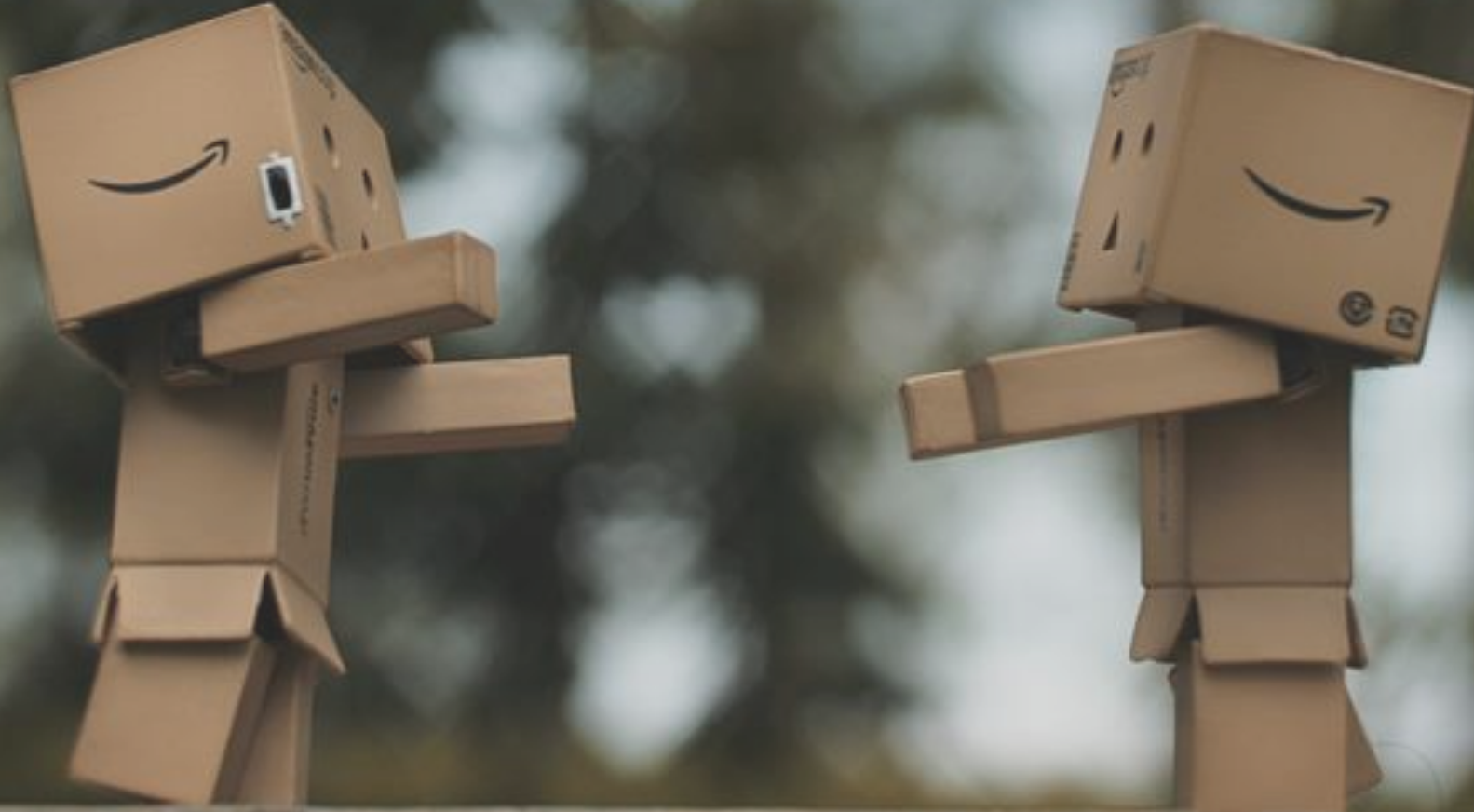
**7th House
Promise**
Significant other



**Bonus
extras**
Asteroids & Vertex

Attachment Theory

Emotional Bonding & Relating Style



» ATTACHMENT THEORY

Getting the Best out of your Relationships



ROMANTIC

Attachment

the emotional bond that develops between adult romantic partners is a function of the same **motivational behavioural attachment** system that gives rise to the emotional bond between infants and their caregivers

» ATTACHMENT THEORY

Getting the Best out of your Relationships



Secure

Relating Style

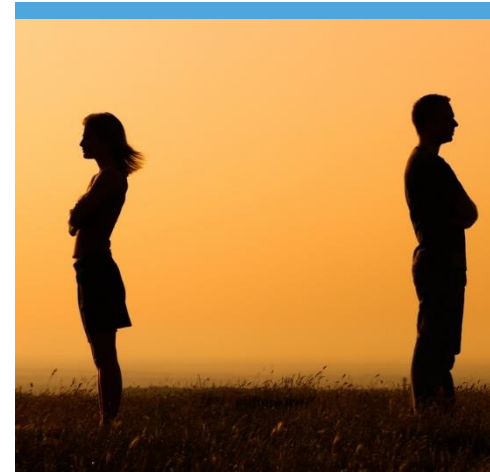
Trusting lasting relationship
Good self-esteem
Comfortable sharing feelings
Seek social support



Ambivalent

Relating Style

Reluctant to become close
Am I loveable?
Distraught when relationship ends



Avoidant

Relating Style

Possible intimacy problems
Invest little emotion
Avoid sharing feelings
Inevitably partner will leave



Dismissive

Relating Style

Fear closeness or intimacy
Anger response to confrontation
Limited empathy, understanding or boundaries



Adult Attachment Style Mini-Questionnaire

Instructions: When completing this questionnaire, consider what is the main pattern of your significant relationships throughout your life.

When responding, consider how strongly you identify with each statement. Using the scale below, respond in the space provided then calculate the total for each section.

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
		0	1	2	3
1.	I feel relaxed with my partner most of the time.				
2.	I find it easy to flow between being close and connected with my partner to being on my own.				
3.	If my partner and I hit a glitch, it is relatively easy for me to apologize, brainstorm a win-win solution, or repair the misattunement or disharmony.				
4.	People are essentially good at heart.				
5.	It is a priority to keep agreements with my partner.				
6.	I attempt to discover and meet the needs of my partner whenever possible and I feel comfortable expressing my own needs.				
7.	I actively protect my partner from others and from harm and attempt to maintain safety in our relationship.				
8.	I look at my partner with kindness and caring and look forward to our time together.				
9.	I am comfortable being affectionate with my partner.				
10.	I can keep secrets, protect my partner's privacy, and respect boundaries.				
Section Total					

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
		0	1	2	3
1.	When my partner arrives home or approaches me, I feel inexplicably stressed – especially when he or she wants to connect.				
2.	I find myself minimizing the importance of close relationships in my life.				
3.	I insist on self-reliance; I have difficulty reaching out when I need help, and I do many of life's tasks or my hobbies, alone.				
4.	I sometimes feel superior in not needing others and wish others were more self-sufficient.				
5.	I feel like my partner is always there but would often prefer to have my own space unless I invite the connection.				
6.	Sometimes I prefer casual sex instead of a committed relationship.				
7.	I usually prefer relationships with things or animals instead of people.				
8.	I often find eye contact uncomfortable and particularly difficult to maintain.				
9.	It is easier for me to think things through than to express myself emotionally.				
10.	When I lose a relationship, at first I might experience separation elation and then become depressed.				
Section Total					

Scoring:

For each section, add up your responses and record your total number. The section with the highest number will likely correspond to your unique attachment style. You may discover a dominant style or a mix of styles. This questionnaire is only intended to indicate tendencies and prompt useful personal exploration.

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
		0	1	2	3
1.	I am always yearning for something or someone that I feel I cannot have and rarely feeling satisfied.				
2.	Sometimes, I over-function, over-adapt, over-accommodate others, or over-apologize for things I didn't do, in an attempt to stabilize connection.				
3.	Over-focusing on others, I tend to lose myself in relationships.				
4.	It is difficult for me to say NO or to set realistic boundaries.				
5.	I chronically second-guess myself and sometimes wish I had said something differently.				
6.	When I give more than I get, I often resent this and harbor a grudge. It is often difficult to receive love from my partner when they express it.				
7.	It is difficult for me to be alone. If alone, I feel stressed, abandoned, hurt, and/or angry.				
8.	At the same time as I feel a deep wish to be close with my partner, I also have a paralyzing fear of losing the relationship.				
9.	I want to be close with my partner but feel angry at my partner at the same time. After anxiously awaiting my partner's arrival, I end up picking fights.				
10.	I often tend to "merge" or lose myself in my partner and feel what they feel, or want what they want.				
Section Total					

		Disagree	Sometimes Agree	Mostly Agree	Strongly Agree
		0	1	2	3
1.	When I reach a certain level of intimacy with my partner, I sometimes experience inexplicable fear.				
2.	When presented with problems, I often feel stumped and feel they are irresolvable.				
3.	I have an exaggerated startle response when others approach me unexpectedly.				
4.	My partner often comments or complains that I am controlling.				
5.	I often expect the worst to happen in my relationship.				
6.	Protection often feels out of reach. I struggle to feel safe with my partner.				
7.	I have a hard time remembering and discussing the feelings related to my past attachment situations. I disconnect, dissociate, or get confused.				
8.	Stuck in approach-avoidance patterns with my partner, I want closeness but am also afraid of the one I desire to be close with.				
9.	My instinctive, active self-protective responses are often unavailable when possible danger is present – leaving me feeling immobilized, disconnected, or "gone".				
10.	Because I am easily confused or disoriented, especially when stressed, it is important for my partner to keep arrangements simple and clear.				
Section Total					

» ATTACHMENT THEORY

Getting the Best out of your Relationships



A – Secure



B - Ambivalent



C - Avoidant



D - Dismissive

ATTACHMENT THEORY

Getting the Best out of your Relationships



SECURE

Self-confident, empathetic, disclose feelings
I'm OKAY and you're OKAY

A



AMBIVALENT

Low worth, crave intimacy, feel unworthy, mistrust
I am NOT OKAY and you're OKAY

B



AVOIDANT

Low self-esteem, freedom-closeness dilemma
I am NOT OKAY and you're NOT OKAY

C

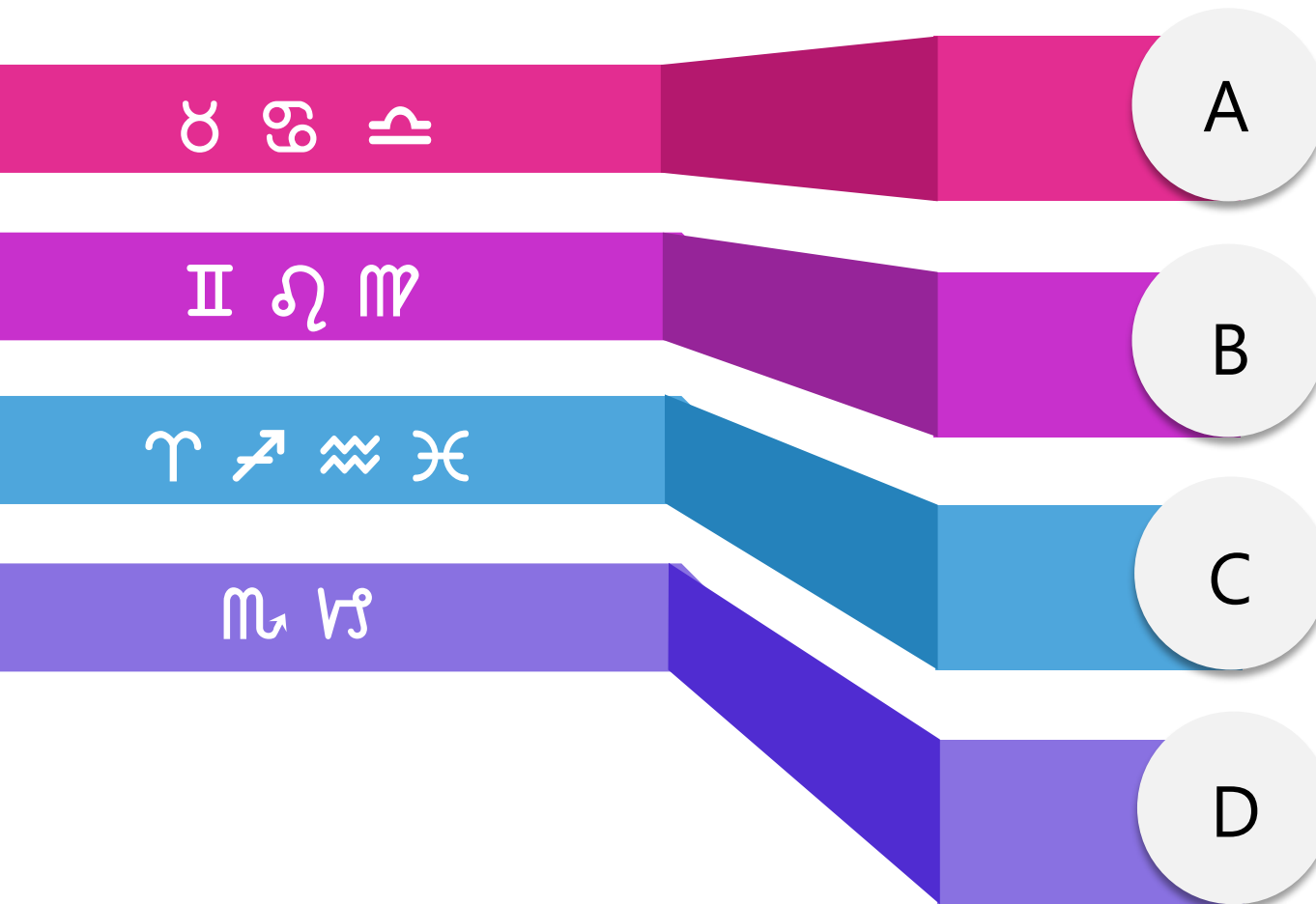


DISMISSIVE

High self-esteem, dismiss intimacy
I am OKAY and you're NOT OKAY

D





Love Language

Heartfelt Affection Expression





♀♊

A girl doesn't need anyone that
doesn't need her

Marilyn Monroe

♀ LOVE LANGUAGE

Getting the Best out of your Relationships

♥ NATURE

MEETING METHOD

Impulsive, direct and upfront

INFATUATION

Quickly ignited and short lived

RELATING STYLE

Me-centred – pursues - competitive

AFFECTION EXPRESSION

Adventuresome activities and space

CHALLENGE

Boredom
Needy dependent partners

Compatibility

♊♏♈

90%

♏♉♊

70%

♏♌♈

40%

♏♍♈

40%

♀ LOVE LANGUAGE

Getting the Best out of your Relationships



The only reason for marriage is love

Princess Diana

♥ NATURE

MEETING METHOD

Slow and measured

INFATUATION

Possessive, sensual and hands-on

RELATING STYLE

Predictability and dependability

AFFECTION EXPRESSION

Kinaesthetic, loyal and appreciative

CHALLENGE

Spontaneity and change

Compatibility

♈ ♍ ♊

90%

♋ ♏ ♋

70%

♈ ♏ ♋

40%

♈ ♏ ♋

40%

♀ LOVE LANGUAGE

Getting the Best out of your Relationships



♀ II

A girl can wait for the right man to come along but in the meantime that still doesn't mean she can't have a wonderful time with all the wrong ones

Cher

♥ NATURE

MEETING METHOD

Chatty, flirty, playful

INFATUATION

Quick and fickle

RELATING STYLE

Light-hearted, charming and diverse

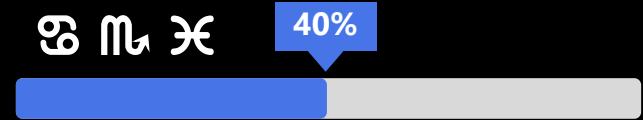
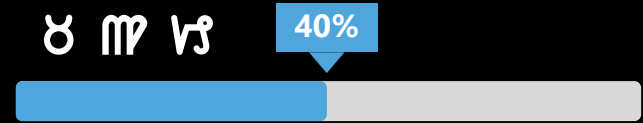
AFFECTION EXPRESSION

Witty conversation, fun-loving

CHALLENGE

Comfort zones and sentimentality

Compatibility



♀ LOVE LANGUAGE

Getting the Best out of your Relationships



I once read that in any good marriage,
one partner is the gardener
and the other is the garden.
We take it in turns to be either.

Meryl Streep

♥ NATURE

MEETING METHOD

Intuitive, sweet and complimentary

INFATUATION

Flattered and sentimental

RELATING STYLE

Committed, predictable, sensitive

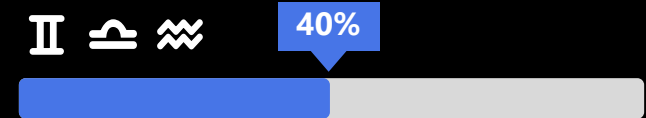
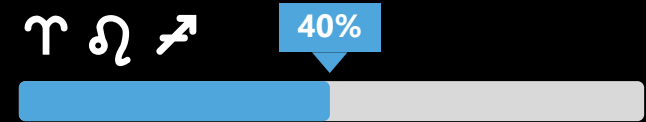
AFFECTION EXPRESSION

Security, comfort and nurturance

CHALLENGE

Impersonalising, rationalisation

Compatibility



♀ LOVE LANGUAGE

Getting the Best out of your Relationships



Power is being told you are not loved
and not being destroyed by it

Madonna

♥ NATURE

MEETING METHOD

Radiant, charming and ardent

INFATUATION

Passionate and consumed

RELATING STYLE

Loyal, warm, eager

AFFECTION EXPRESSION

Affectionate, adoring, generous

CHALLENGE

Taking things personally

Lack of attention

Compatibility

♈ ♎ ♊

90%

♈ ♎ ♊

70%

♈ ♎ ♊

40%

♈ ♎ ♊

40%

♀ LOVE LANGUAGE

Getting the Best out of your Relationships



♀ ♍

When I love I do it without counting.
I give myself entirely.
And each time it is the
grand love of my life.

Brigitte Bardot

♥ NATURE

MEETING METHOD

Helpful, good listener

INFATUATION

Cautious, selective, self-contained

RELATING STYLE

Worry, fussy, sensual and practical

AFFECTION EXPRESSION

Communication, service orientated

CHALLENGE

Criticism

Compatibility

♈ ♍ ♊

90%

♋ ♎ ♏

70%

♈ ♏ ♊

40%

♈ ♏ ♊

40%

♀ LOVE LANGUAGE

Getting the Best out of your Relationships



I don't like yelling and fighting,
and I can't quarrel. Getting angry doesn't
solve anything.

Grace Kelly

♥ NATURE

MEETING METHOD

Beauty, charm and irresistibility

INFATUATION

Romantic and intimate

RELATING STYLE

Sensitive, fair, harmonising

AFFECTION EXPRESSION

Pleaser, giving, sharing

CHALLENGE

Selfishness

Compatibility

♊ ♋ ♎

90%

♈ ♏ ♍

70%

♉ ♐ ♊

40%

♊ ♋ ♎

40%

♀ LOVE LANGUAGE

Getting the Best out of your Relationships



Talk about meeting your soul mate...
I truly feel I have been given that gift.
And believe me, I wasn't some
lightweight package. I'm like the
package that didn't just come with
luggage I had trunks

Demi Moore

♥ NATURE

MEETING METHOD

Seductive and alluring

INFATUATION

Possessive and sexual

RELATING STYLE

Crisis orientated, deep

AFFECTION EXPRESSION

Intimacy, intensity and obsession

CHALLENGE

Control and manipulation

Compatibility

♊ ♎ ♋

90%

♈ ♍ ♊

70%

♏ ♎ ♊

40%

♏ ♎ ♋

40%

♀ LOVE LANGUAGE

Getting the Best out of your Relationships



I'm a good girl because I really believe in love, integrity, and respect.

Katy Perry

♥ NATURE

MEETING METHOD

Intuitive, invigorating and exploring

INFATUATION

Easy-going and passionate

RELATING STYLE

Spontaneity, freedom-orientated

AFFECTION EXPRESSION

Laughter, generosity and space

CHALLENGE

Stagnancy and superficiality and seriousness

Compatibility

♈ ♎ ♊

90%

♈ ♉ ♊

70%

♈ ♉ ♊

40%

♈ ♉ ♊

40%

♀ LOVE LANGUAGE

Getting the Best out of your Relationships



♀ ♀

I am very independent.
I can look after myself
but I still need a lot of love and care

Scarlett Johansson

♥ NATURE

MEETING METHOD

Cautious, sensible and smart

INFATUATION

Slow and respectful

RELATING STYLE

Steadfast, deliberate and protective

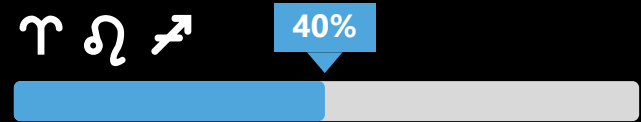
AFFECTION EXPRESSION

Safety, comfort, reliable, sensual

CHALLENGE

Romance and emotionality

Compatibility



♀ LOVE LANGUAGE

Getting the Best out of your Relationships



Turns out freedom
ain't nothing but missing you...
Taylor Swift

♥ NATURE

MEETING METHOD

Unconventional and free-spirited

INFATUATION

Quick and easy, unattached

RELATING STYLE

Aloof, distant, intellectual

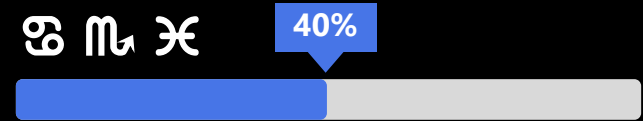
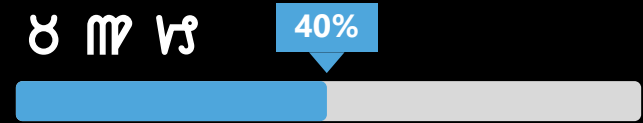
AFFECTION EXPRESSION

Conversations, common interests and space

CHALLENGE

Stagnation, confinement

Compatibility



♀ LOVE LANGUAGE

Getting the Best out of your Relationships



Choose people who lift you up.
Michelle Obama

♥ NATURE

MEETING METHOD

Intuitive, humorous and intriguing

INFATUATION

Quick and dreamy

RELATING STYLE

Tender, sensitive, peacemaker

AFFECTION EXPRESSION

Romantic, chameleon, compassion

CHALLENGE

Confrontation
Commitment

Compatibility

♊ ♎ ♈

90%

♏ ♍ ♎

70%

♏ ♏ ♈

40%

♏ ♏ ♈

40%

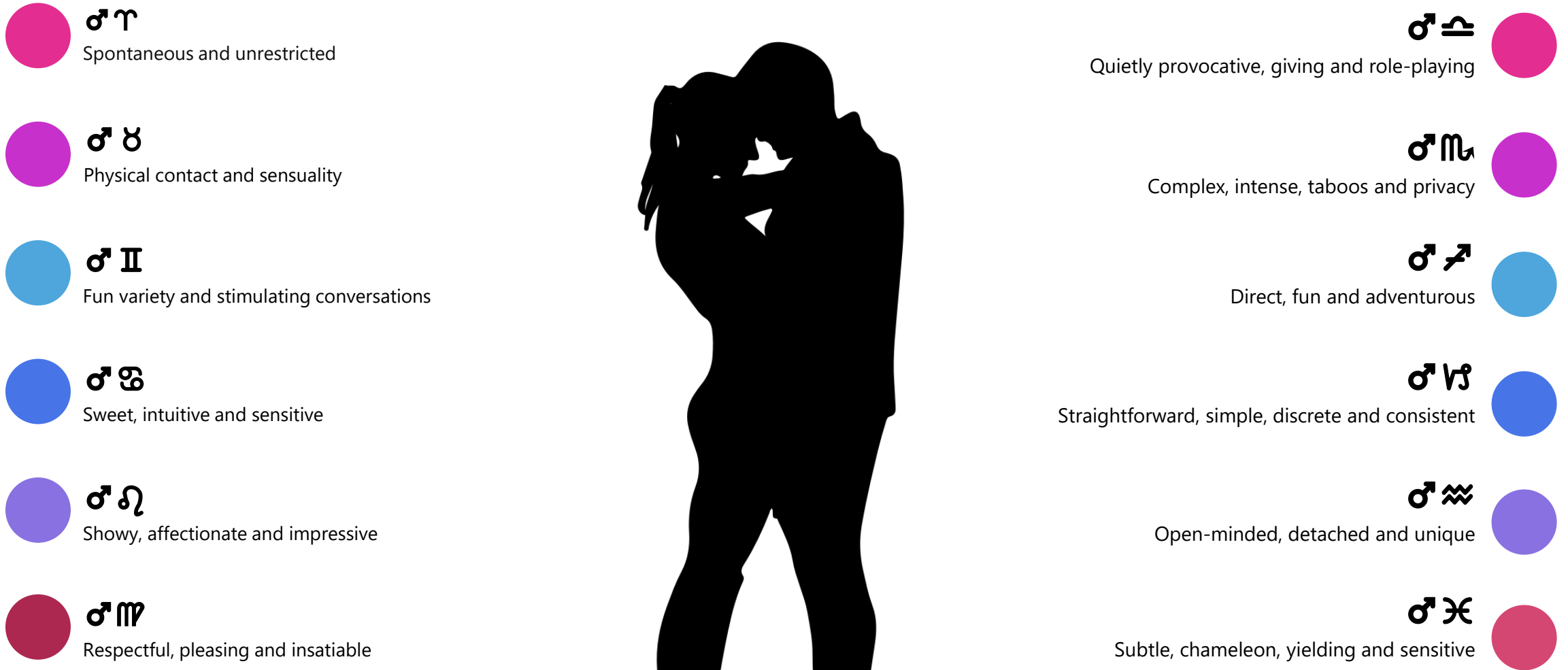
Sexual Style

Intimacy Expression



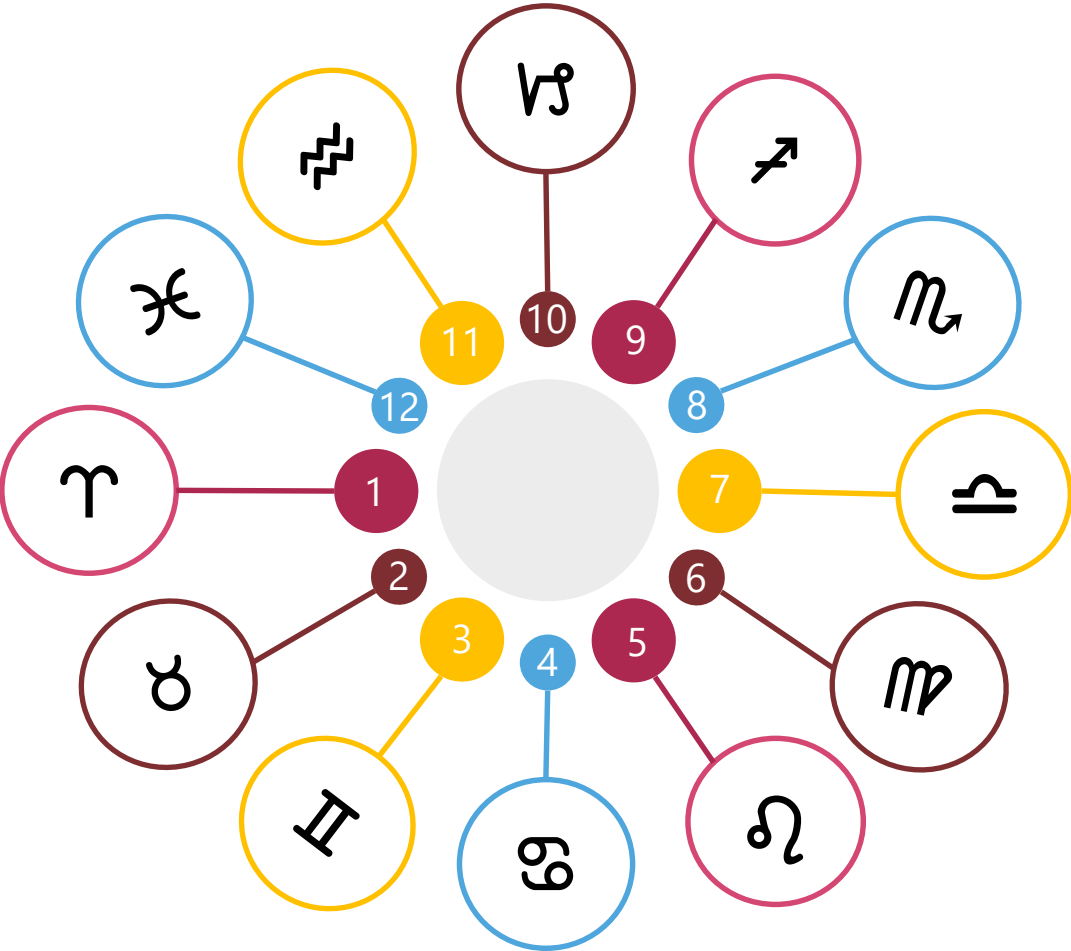
♂ SEXUAL STYLE

Getting the Best out of your Relationships



♂ SEXUAL STYLE

Getting the Best out of your Relationships



- Fire Sign Compatibility: ♈♐♑
- Earth Sign Compatibility: ♉♊♋
- Air Sign Compatibility: ♊♌♍
- Water Sign Compatibility: ♋♏♑
- Fire/Air Sign Compatibility: ♈♊♌♐♒♑
- Earth/Water Sign Compatibility: ♉♋♏♊♌♍

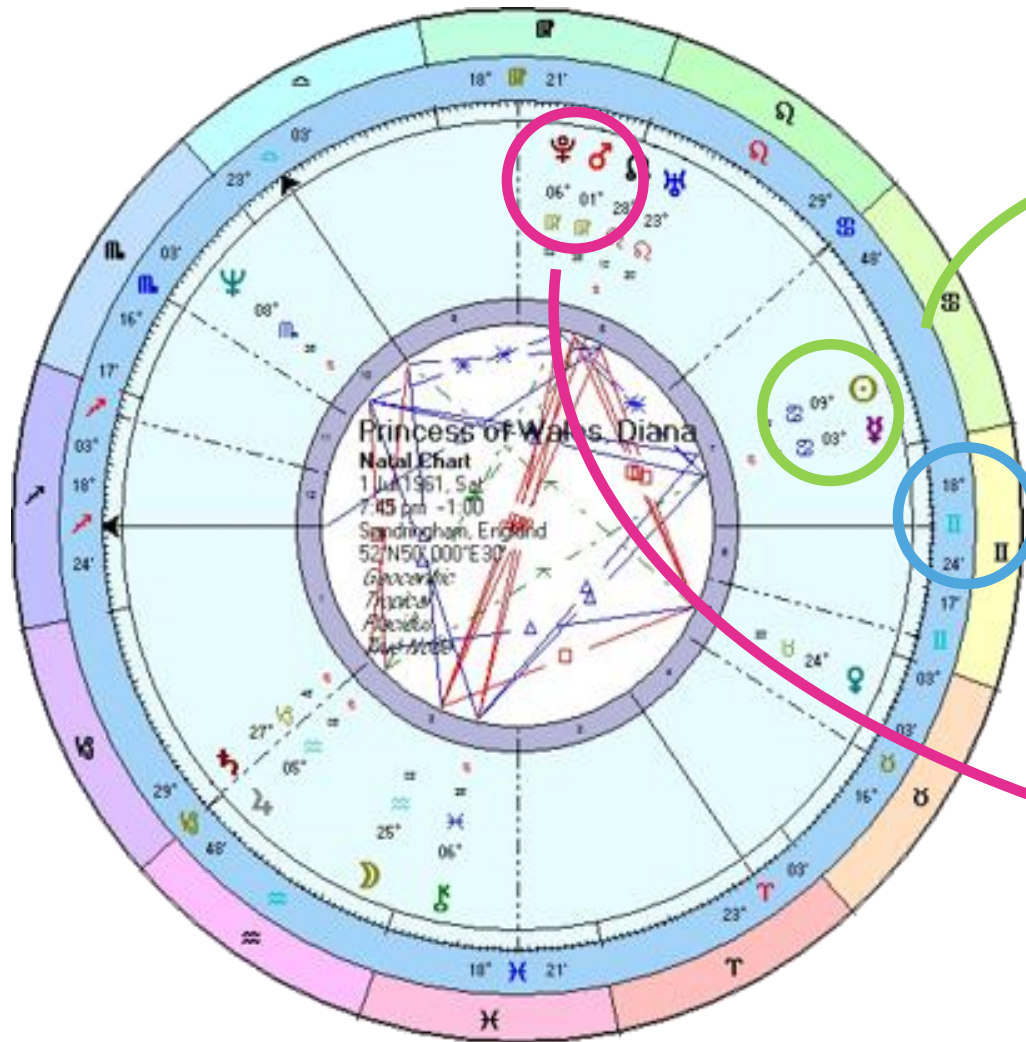
7th House Promise

The Significant Other



☐ ☐





7th House Planets and Aspects

☾ - ♀

Nurturing or Needy Partner
 Powerful or Manipulative

7th House Cusp and Ruler

II - ♀

Nurturing or Needy Partner

Partner Rulers

☾ - ♂

Nurturing or Needy Partner
 In Service or Demanding

A person is shown from the chest up, holding an open book and reading. They are wearing a black fishnet top. The background is a warm, out-of-focus bokeh of golden and orange lights, suggesting a cozy indoor environment. The text 'Juno & Vertex' is overlaid on the left side in a white serif font, enclosed in a white rectangular border. Below it, the text 'Bonus Extras' is written in a smaller, white sans-serif font.

Juno & Vertex

Bonus Extras

Juno & Vertex

Getting the Best out of your Relationships



Juno

✳

PRINCIPLE OF RELATEDNESS

Committed partnership

Balanced union

Sexual energy transcends personal identity

&



Vertex

Vx

FATED CONNECTIONS

Destiny's Gate

Significant partner meetings and endings

Important powerful connections

THE END

Getting the Best out of your Relationships

9



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