

# Dan one page profile

## What people like and admire about me

Dan is a practical hands-on guy (DIY and engineering enthusiast), efficient (and best working to deadlines), caring, gentle, loyal, hard working, doer, tall and handsome.



## What's important to me

To spend time 1:1 with my wife regularly (at least twice a month or more if possible) going out for a meal, taking a walk together, going to the cinema or watching DVD at home.

Spend quality time with my daughter weekdays before her bedtime (i.e. Giving my undivided attention to her – reading books, interactive play such as using building blocks, bath time toys etc).

Have outings with my wife and daughter most weekends.

To have time and space for myself in my garage/workshop (my cave), 1 hour a week.

Get to church at least once a month.

To see family and friends as often as possible (see family at least once a month, and friends every weekend if we can).

To maintain a work/life balance, aiming to bring the maximum of 2 nights a week of work home.

Exercise regularly at least once a week for an hour (e.g. cycling, weights, running).

To manage my Obsessive Compulsive Disorder so that it has little impact on every day life.

I like the house to be organised keeping clutter to a minimum otherwise it leaves me feeling flat and demotivated.

To be debt free.

To have ongoing projects (d.i.y. kit cars, garden, house).

## How best to support me

Challenge odd behaviour such as double checking if locked car, locked the house, whether I've dropped anything or left anything behind etc (eg. reassure me that I don't need to check it again).

Only refer to my OCD if you have to.

I may try to lean on other people, I may ask for reassurance (My wife acknowledges this by sticking her tongue out at me!). Remind me I have the power to get through this.

Help me divert my mind. For example by simply asking me to do something which refocuses my mind, or talking about something that would interest me.

Help me not to bring up past memories of my OCD habits.

Plenty of praise and encouragement!