



FIRO-B[®] Profile

Prepared for J. SAMPLE

June 17, 2026

The FIRO-B[®] 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.



CPP, Inc. | 800-624-1765 | www.cpp.com

FIRO-B[®] Profile Copyright 2003 by CPP, Inc. All rights reserved. FIRO-B, the FIRO-B logo, the CPP logo, and Fundamental Interpersonal Relations Orientation–Behavior are trademarks or registered trademarks of CPP, Inc., in the United States and other countries.

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																																
EXPRESSED	<table border="1"> <tr><th colspan="2">Expressed Inclusion</th></tr> <tr><td style="background-color: #D3D3D3;">7</td><td>High</td></tr> <tr><td colspan="2">You typically include others in your activities, join and belong to groups, and interact with people most of the time.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-9</td></tr> </table>	Expressed Inclusion		7	High	You typically include others in your activities, join and belong to groups, and interact with people most of the time.		Range: 0-9		<table border="1"> <tr><th colspan="2">Expressed Control</th></tr> <tr><td style="background-color: #D3D3D3;">2</td><td>Low</td></tr> <tr><td colspan="2">You typically avoid controlling and influencing others and situations, organizing and directing others, and assuming responsibility.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-9</td></tr> </table>	Expressed Control		2	Low	You typically avoid controlling and influencing others and situations, organizing and directing others, and assuming responsibility.		Range: 0-9		<table border="1"> <tr><th colspan="2">Expressed Affection</th></tr> <tr><td style="background-color: #D3D3D3;">9</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" style="text-align: right;">Range: 0-9</td></tr> </table>	Expressed Affection		9	High	You typically get close to people and are comfortable expressing feelings and supporting others.		Range: 0-9		<table border="1"> <tr><td style="background-color: #D3D3D3;">18</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" style="text-align: right;">Range: 0-27</td></tr> </table>	18	Medium	You initiate activities with others, but it clearly depends on the people and the situation.		Range: 0-27			
	Expressed Inclusion																																			
	7	High																																		
You typically include others in your activities, join and belong to groups, and interact with people most of the time.																																				
Range: 0-9																																				
Expressed Control																																				
2	Low																																			
You typically avoid controlling and influencing others and situations, organizing and directing others, and assuming responsibility.																																				
Range: 0-9																																				
Expressed Affection																																				
9	High																																			
You typically get close to people and are comfortable expressing feelings and supporting others.																																				
Range: 0-9																																				
18	Medium																																			
You initiate activities with others, but it clearly depends on the people and the situation.																																				
Range: 0-27																																				
WANTED	<table border="1"> <tr><th colspan="2">Wanted Inclusion</th></tr> <tr><td style="background-color: #D3D3D3;">7</td><td>High</td></tr> <tr><td colspan="2">Most often you want others to include you in their activities and groups, and you like being noticed.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-9</td></tr> </table>	Wanted Inclusion		7	High	Most often you want others to include you in their activities and groups, and you like being noticed.		Range: 0-9		<table border="1"> <tr><th colspan="2">Wanted Control</th></tr> <tr><td style="background-color: #D3D3D3;">2</td><td>Low</td></tr> <tr><td colspan="2">You are most comfortable in flexible situations with few expectations and instructions.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-9</td></tr> </table>	Wanted Control		2	Low	You are most comfortable in flexible situations with few expectations and instructions.		Range: 0-9		<table border="1"> <tr><th colspan="2">Wanted Affection</th></tr> <tr><td style="background-color: #D3D3D3;">9</td><td>High</td></tr> <tr><td colspan="2">Most of the time you want others to act warmly, share their feelings, and encourage you.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-9</td></tr> </table>	Wanted Affection		9	High	Most of the time you want others to act warmly, share their feelings, and encourage you.		Range: 0-9		<table border="1"> <tr><th colspan="2">TOTAL WANTED</th></tr> <tr><td style="background-color: #D3D3D3;">18</td><td>Medium</td></tr> <tr><td colspan="2">You are comfortable with others initiating activities, but it clearly depends on the people and the situation.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-27</td></tr> </table>	TOTAL WANTED		18	Medium	You are comfortable with others initiating activities, but it clearly depends on the people and the situation.		Range: 0-27	
	Wanted Inclusion																																			
	7	High																																		
Most often you want others to include you in their activities and groups, and you like being noticed.																																				
Range: 0-9																																				
Wanted Control																																				
2	Low																																			
You are most comfortable in flexible situations with few expectations and instructions.																																				
Range: 0-9																																				
Wanted Affection																																				
9	High																																			
Most of the time you want others to act warmly, share their feelings, and encourage you.																																				
Range: 0-9																																				
TOTAL WANTED																																				
18	Medium																																			
You are comfortable with others initiating activities, but it clearly depends on the people and the situation.																																				
Range: 0-27																																				
	<table border="1"> <tr><th colspan="2" style="background-color: #0070C0; color: white;">TOTAL INCLUSION</th></tr> <tr><td style="background-color: #D3D3D3;">14</td><td>High</td></tr> <tr><td colspan="2">You have a strong preference for being involved in social situations most of the time.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-18</td></tr> </table>	TOTAL INCLUSION		14	High	You have a strong preference for being involved in social situations most of the time.		Range: 0-18		<table border="1"> <tr><th colspan="2" style="background-color: #FF8C00; color: white;">TOTAL CONTROL</th></tr> <tr><td style="background-color: #D3D3D3;">4</td><td>Low</td></tr> <tr><td colspan="2">You tend to prefer situations with little structure and have a relaxed attitude toward authority and responsibility.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-18</td></tr> </table>	TOTAL CONTROL		4	Low	You tend to prefer situations with little structure and have a relaxed attitude toward authority and responsibility.		Range: 0-18		<table border="1"> <tr><th colspan="2" style="background-color: #008000; color: white;">TOTAL AFFECTION</th></tr> <tr><td style="background-color: #D3D3D3;">18</td><td>High</td></tr> <tr><td colspan="2">Typically you like a lot of warmth and closeness in your one-to-one relationships.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-18</td></tr> </table>	TOTAL AFFECTION		18	High	Typically you like a lot of warmth and closeness in your one-to-one relationships.		Range: 0-18		<table border="1"> <tr><th colspan="2" style="background-color: #FF0000; color: white;">OVERALL</th></tr> <tr><td style="background-color: #D3D3D3;">36</td><td>Medium-High</td></tr> <tr><td colspan="2">Involvement with others is often satisfying for you. You probably prefer to work with small groups and regular contacts and tend to have a larger group of friends and associates.</td></tr> <tr><td colspan="2" style="text-align: right;">Range: 0-54</td></tr> </table>	OVERALL		36	Medium-High	Involvement with others is often satisfying for you. You probably prefer to work with small groups and regular contacts and tend to have a larger group of friends and associates.		Range: 0-54	
TOTAL INCLUSION																																				
14	High																																			
You have a strong preference for being involved in social situations most of the time.																																				
Range: 0-18																																				
TOTAL CONTROL																																				
4	Low																																			
You tend to prefer situations with little structure and have a relaxed attitude toward authority and responsibility.																																				
Range: 0-18																																				
TOTAL AFFECTION																																				
18	High																																			
Typically you like a lot of warmth and closeness in your one-to-one relationships.																																				
Range: 0-18																																				
OVERALL																																				
36	Medium-High																																			
Involvement with others is often satisfying for you. You probably prefer to work with small groups and regular contacts and tend to have a larger group of friends and associates.																																				
Range: 0-54																																				

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.

