

Knowing each other

There are plenty of “maddening” differences between us and both negative and positive ways to respond. We have to begin by knowing ourselves, and accepting ourselves “in Christ.” Then we have to do the same for our mates. A negative focus kills, but a positive one builds. (Phil4:6-8)

What makes you “you?” What makes you “you-nique?”

- Your Parents
- Your Siblings
- Your Past Experiences (history)
- Your Personality types
- Your Gender
- Your “vocabulary” – both verbal and non-verbal
- Your sense orientation: sight, sound or feelings?

Gender Differences ----- According to Gary Smalley (Making Love Last Forever)

- | | | |
|---------------------------------------|-----|--|
| 1) Men love to share Facts | --- | Women love to express Feelings . |
| 2) Men tend to be Independent | --- | Women tend to be Interdependent . |
| 3) Men connect by Doing things | --- | Women connect by Talking . |
| 4) Men tend to Compete | --- | Women tend to Cooperate . |
| 5) Men tend to be controlling | --- | Women tend to be agreeable . |

- † Learn how to praise the other for his or her unique and complementary characteristics! Praise is always better than criticism!
- † Focus on how his or her differences help in every area of my life and especially in our marriage!

Please complete the following statements:

1. When we are together, I am happiest when....

2. When we are together, I am saddest when....

3. When we are together, I am angriest when....

4. The best thing about our relationship is....

5. I feel most afraid when....

6. I feel loved when you....

7. I feel appreciated when you....

8. My greatest concern / fear for our relationship is,...

9. What I like most about myself is....

10. What I dislike most about myself is....

11. What I like most about you is....

12, My greatest concern / Fear for you is....

13. The Feelings that I have the most difficulty sharing with you are....

14. The feelings that I can share most easily with you are....

15, I feel _____ sharing these feelings with you

(from a handout by Boni Piper)

Read the following Scriptures about how you should view yourself:

Psalm 139:14-16

Ephesian 2:10

Philippians 1:6

1 Peter 2:9

1 Corinthians 4:2-5

2 Corinthians 12:9

Luke 1:37

Psalm 1:1

Philippians 4:6-7

1 John 1:9

Isaiah 40:31

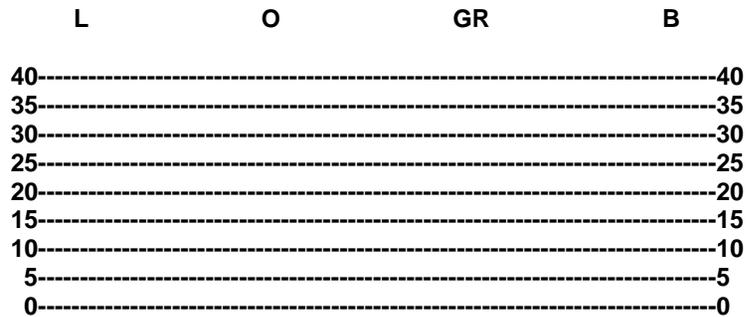
Psalm 32:8

How do you Treat yourself? What kind of parent messages do you give yourself? How do you punish yourself? What do you expect of yourself?

Does God treat you in the same manner that you treat yourself? If not, how does His treatment differ from yours?

How do you treat your spouse? As you treat yourself? or as God Treats you?

Charting the Results



How did you do? Remember this isn't a pass-fail test. This evaluation simply shows your tendencies and traits. As you look at your charted score, you may see a blend of all four categories. That's fine. Or you may see two scores significantly higher than the others. Or you may have one category that's head and shoulders above the other three. No none pattern is "correct."

Now take note of the right-hand column extreme for each of your circled characteristics. This might be how your positive traits are perceived by your family or friends.

Lions are leaders, decisive, bottom line, problem-solvers, not conversational.
Otters are fun-loving, entertainers, net workers, motivators, creative, talkers.
Retrievers are loving, nurturing, loyal, good listeners, encouragers.
Beavers are hard-working, detailed, accurate, focused on quality.

Consciously work to become more aware of your natural tendencies. Go for a healthy balance, tempering any extreme problem area, focus on your strengths and learn to cultivate the strengths of less dominant personality traits.

Some suggestions for each personality type:

Lions: Be softer and more gentle and include others when making decisions.

Otters: Think before you speak, and consider consequences before you act.

Retrievers: Practice saying no and making firm decisions.

Beavers: Learn to relax and don't expect others to do things just like you.

For a more in depth study on personality development, please read
[The Two Sides of Love](#), Gary Smalley and John Trent.

Gary Smalley Personality Types Inventory

(from [Making Love Last Forever](#), Ch. 10: Understanding Personality Types: A Key to Lovability)

How to Take and Score the Inventory

- For each temperament type, circle the positive traits (in the left column) that sound the most like you – as you are at home. It will probably help to cover the right hand column as you take the inventory, to help you focus on the positives. Do not score yourself as you behave at work. (If you want to evaluate your "at work" tendencies, take the test again later, with that environment -- or any other – in mind.) For now, ignore the right hand column.
- For each trait, add up the number of circled traits (in the left column) and then double that number. This is your score.
- To graph your temperament "mix", mark your score for each temperament type on the graph with a large dot. If you want, draw a line to connect the dots.

Lion

<i>Temperament</i>	<i>Characteristics</i>
Likes authority.	Too direct or demanding
Takes charge.....	Pushy; can step in front of others
Determined.	Overbearing
Confident.	Cocky
Firm	Unyielding
Enterprising.	Takes big risks
Competitive.	Cold blooded
Enjoys challenges.	Avoids relations
Problem solver.	Too busy
Productive.	Overlooks feelings; do it now!
Bold.	Insensitive
Purposeful; goal driven.....	Imbalanced; workaholic
Decision maker.	Unthoughtful of others' wishes
Adventurous.	Impulsive
Strong 'willed	Stubborn
Independent; self reliant	Avoids people; seeking help
Controlling.	Bossy; overbearing
Persistent.	Inflexible
Action oriented.	Unyielding
"Let's do it now!"	

Lion Score (Double the number circled): _____

Otter

<u>Temperament</u>	<u>Characteristics</u>
Enthusiastic.	Overbearing
Takes risks.	Dangerous and foolish
Visionary.	Daydreamer
Motivator.	Manipulator
Energetic.	Impatient
Very verbal.	Attacks under pressure
Promoter.	Exaggerates
Friendly, mixes easily.....	Shallow relationships
Enjoys popularity.....	Too showy
Fun loving.	Too flippant; not serious
Likes variety.	Too scattered
Spontaneous.	Not focused
Enjoys change.	Lacks follow through
Creative; goes for new ideas.	Too unrealistic; avoids details
Group oriented.	Bored with "process"
Optimistic.....	Doesn't see details
Initiator.	Pushy
Infectious laughter.....	Obnoxious
Inspirational.....	Phony

"Trust me! It'll work out!"

Otter score {double the number circled}: _____

Golden Retriever

<u>Temperament</u>	<u>Characteristics</u>
Sensitive feelings.	Easily hurt
Loyal.	Misses opportunities
Calm; even keeled.	Lacks enthusiasm
Nondemanding.	Weakling; pushover
Avoids confrontations.	Misses honest intimacy
Enjoys routine.	Stays in rut
Dislikes change.	Not spontaneous
Warm and relational.	Fewer deep friends
Gives in.	Co-dependent
Accommodating.	Indecisive
Cautious humor.	Overly cautious

Golden Retriever (contd)

<u>Temperament</u>	<u>Characteristics</u>
Adaptable.	Loses identity
Sympathetic.	Holds on to others' hurts
Thoughtful.	Can be taken advantage of
Nurturing.	Ears get smashed
Patient.	Crowded out by others
Tolerant.	Weaker convictions
Good listener.	Attracted to hurting people
Peacemaker.	Holds personal hurts inside

"Let's keep things the way they are."

Golden retriever score (double the number circled): _____

Beaver

<u>Temperament</u>	<u>Characteristics</u>
Reads all instructions.	Afraid to break rules
Accurate.....	Too critical
Consistent.	Lacks spontaneity
Controlled.	Too serious
Reserved.	Stuffy
Predictable.	Lacks variety
Practical.	Not adventurous
Orderly.....	Rigid
Factual.....	Picky
Conscientious.	Inflexible
Perfectionistic.	Controlling
Discerning.	Negative on new opportunities
Detailed.	Rarely finishes a project
Analytical.	Loses overview
Inquisitive.....	Smothering
Precise.	Strict
Persistent.	Pushy
Scheduled.	Boring
Sensitive.	Stubborn

"How was it done in the past ?"

Beaver score (double the number circled): _____