

Type Summary

Type 1: The Moral Perfectionist

Type 1s are principled, purposeful, self-controlled, and perfectionistic. They strive to do everything with accuracy, integrity, and precision since they have an “inner critic” who is constantly accusing them of their perceived failures or shortcomings.

Type 4: The Romantic Individualist

Type 4s are authentic, creative, expressive, deep, and temperamental. They bring a unique beauty, depth, and creativity to the world around them in their search for significance and value.

Core Motivations

Your Types have many important factors, but four Motivations are the driving force behind your thoughts, feelings, and actions. These affect when and how you react in life and relationships.

Type 1: The Moral Perfectionist

- ⚠ Being wrong, bad, evil, inappropriate, unredeemable, or corruptible.
- ☀ Having integrity, being good, balanced, accurate, virtuous, and right.
- 🌀 **Resentment:** Repressing anger that leads to continual frustration and dissatisfaction with yourself, others, and the world for not being perfect.
- 🔥 You are good.

Type 4: The Romantic Individualist

- ⚠ Being inadequate, emotionally cut off, plain, mundane, defective, flawed, or insignificant.
- ☀ Being unique, special, and authentic.
- 🌀 **Envy:** feeling that you're tragically flawed, something foundational is missing inside you, and others possess qualities you lack.
- 🔥 You are seen and loved for exactly who you are—special and unique.

As A Couple

Healthy Relationship

Type 1 and Type 4 couples can be a fantastic combination because they have a mutual desire to bring good and beauty into the world around them and to do what is ideal and right in their work and self-expression. A Type 1's sense of order and reason can serve as a great complement to a Type 4's spontaneity and emotionality. With mutual respect and appreciation, they can make a productive team that balances out each other's strengths and limitations.

Struggling Relationship

Type 1 and Type 4 couples can have problem areas due to their sometimes opposite point of views, and the manner and areas where they apply their idealism. They can invade, wound and alienate one another in their efforts to fulfill their desires for what is beautiful and good, and express their frustrations with what they feel is wrong or lacking in themselves and each other.

Gospel Alignment

In Galatians 2:14, Paul explains to the churches of Galatia what it looks like when our heart condition is out of step or alignment with the Gospel, and we begin to believe we have to work for our relationship status with God instead of resting in the truth that we are his beloved child. In verse 20, Paul says, “I have been crucified with Christ. It is no longer I who live, but Christ who lives in me. And the life I now live in the flesh I live by faith in the Son of God, who loved me and gave himself for me.”

Our assessment results help you and your spouse recognize your alignment with the Gospel. When misaligned, your mind and heart wander from your true identity in Christ, and you start to take control of your own life. When aligned, you know, believe, and trust in the finished work of Christ and rest in your full identity in him. To experience Gospel alignment in your marriage, remember that you and your spouse are God’s cherished children, and ask the Holy Spirit to work in your heart and renew your mind.

Misaligned with the Gospel	Aligned with the Gospel
When your mind and heart wander away from fully believing and trusting in what Christ has done for you, you begin to think that you have to take care of your needs by yourself. You are still his beloved child and know God is loving and providing, but you aren’t 100 percent sure if he will do what’s in your best interest. Therefore, you think you need to take over some control of your life. Getting distracted by what you want (and often demand) causes you to be misaligned with the Gospel and veer off our best path for growth. This level of health is called, “Living in Our Own Strength.”	You are resting, believing, and trusting in who you are in Christ and living as His Beloved (healthy and aligned with the Gospel). You are no longer using your personality strategies to meet your needs and desires. Instead, you are coming to your Heavenly Father first, who you know loves you and will provide for you. You also trust that he already accomplished what you need and desire. As you keep your focus on him, you are filled and renewed perfectly every time. This level of health is called, “Living as his Beloved.”

Communication Style

Misaligned Communication	Aligned Communication
They become more demanding and insistent that the other come through for them in a specific way, leading to pain and misunderstanding. The Type 1’s harsh criticisms will devastate a Type 4’s emotional heart and sense of superior authenticity. The Type 4 partner will express their hurt by complaining, becoming self-righteous, or disengaging with their spouse in hopes of getting the affirmation and acceptance they crave, perpetuating the Type 1 partner’s fear of being bad, wrong, self-indulgent, or impulsive. And the unhealthy cycle continues.	They know their spouse still struggles here on earth and can communicate in hurtful ways, but they are able to extend grace, mercy, and forgiveness since their heart is resting in the freeing work of Christ on their behalf. They communicate with empathy, patience, and integrity, knowing that they are each fully loved, valued and accepted in Christ, despite their perceived imperfections and shortcomings.

<h3>Type 1’s Communication Style</h3> <p>Misaligned: Teaching, Correcting, Judgmental, Opinionated, Irritated</p> <p>Aligned: Honest, Fair, Poised, Polite, Sincere, Reasonable</p>	<h3>Type 4’s Communication Style</h3> <p>Misaligned: Moody, Emotionally Intense, Overly Explosive or Detached, Condescending, Self-Focused</p> <p>Aligned: Authentic, Deep, Balanced, Empathetic, Good Listener</p>
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Conflict Style

Misaligned

Each partner's personality motivations and beliefs become heightened, and conflict style becomes unhealthy. They each begin to insist that their spouse see the situation the way you do, and conform to what they believe is right or best. The more one partner resists, the more the other will demand, feel hurt and play out the conflict from their personality's fears, weaknesses, and unhealthy hardwiring.

Aligned

They both know that each of their hearts can easily go astray, so they both desperately cling to the finished work of Christ before moving toward each other with needs and wants. Focusing on Christ, who perfectly provides for and fulfills them in a way their partner never can, helps lessen the sparks of conflict.

Type 1s in Conflict

Approach to Conflict

- You take a problem-solving approach to resolving conflict by quickly identifying the issue, staying focused on it and solving it.
- Your desire and priority is to settle issues in the most efficient, competent and reasonable manner possible.

Misaligned

- You perceive your partner is criticizing or scrutinizing you, being deceptive, irresponsible, or lazy.
- You feel your partner is not taking responsibility or failing to complete their duties with precision and accuracy.
- You get frustrated when you perceive your partner is denying the issue in order to keep the peace instead of solving the conflict directly. This activates your Core Fear of being inaccurate, wrong or bad.

Aligned

- You extend grace, mercy, and compassion.
- You ask clarifying questions before making a judgment.
- You assume your partner is trying their best and remember that their goal is to have a positive outcome.
- You offer affirmation and encouragement over criticism.

Type 4s in Conflict

Approach to Conflict

- You take a reactive and more emotional approach to resolving conflict, focusing on the magnitude of the issue and your spouse's response to it.
- Your desire and priority is to give full weight to the problem and to have the opportunity to express your feelings about it.

Misaligned

- You prioritize your thoughts and feelings over your partner's, ruminating on your hurt feelings, frustrations, and irritations for extended periods. You disengage and hold on to internal resentment, keeping you from restoration and resolution.
- You feel shamed and insecure, believing the disagreement to be proof that you are flawed, insignificant, or lacking.
- You get frustrated when you perceive that your partner doesn't understand and thoroughly acknowledge the weight of the conflict and how it makes you feel by trying to ignore it or solve it too quickly. This feeling activates your Core Fear of being emotionally cut off, inadequate or insignificant.

Aligned

- You remain steady, grounded and sober-minded in the face of tension, clearly expressing yourself in a way that allows your spouse to hear, understand and move toward you.
- You remember that your feelings don't define you. You control your feelings instead of letting them control you.
- You approach the conflict with empathy and self-control, considering your partner's perspective and remembering that the disagreement does not reflect on your worth and significance.

Childhood Impact On the Relationship

Primary Childhood Message

Our “Childhood Message” is the message we were told directly, or we sensed and interpreted from life circumstances through the lens of our personality Type. This message greatly affected and pained us as children, and now as adults. It’s crucial that we identify how these messages have impacted our hearts, so we can replace them with the healing, freeing truth of Christ.

Misaligned

You believe your childhood messages to be true, causing you to live them out in ways that are not beneficial to you or others.

Aligned

You recognize you have interpreted your growing up years through the lens of your personality type. You take the time to separate and trust what is true of you and your spouse in Christ over what is false.

Type 1’s Childhood Message

Childhood Message: “It is not okay to make mistakes.”

Misaligned: You believe your inner critic’s berating assaults on you and your partner over the truth that Christ took care of both of your imperfections and shortcomings. To get a reprieve from this internal struggle, you convince yourself that you and your spouse must live up to all the correct standards.

Aligned: You realize that even though you could never be nor will ever be perfect and avoid wrongdoing, Christ perfectly accomplished this for you. He not only takes all your sins away, but also places his perfect righteousness on you. You can now reject this false message and trust the truth, “There is no more condemnation for those who are in Christ.”

Type 4’s Childhood Message

Childhood Message: “It’s not okay to be too much and not enough.”

Misaligned: You look to your spouse to rescue you from your deep inner turmoil and fear of abandonment. You assume you can’t be understood and loved for simply being your authentic self, so you push your spouse away, relying on your inner feelings and imagination. Your alienation further fuels your shameful belief that something is fundamentally missing or tragically flawed within you.

Aligned: You realize that God sees and loves you for the unique person you are and that you only need to look to Him for your validation. He created you with deep longings, feelings, and passions, and He wants the real you to be in close relationship with Him. You begin to minimize your self-referencing thoughts and behavior, focusing on your partner and appreciating them on a deeper level.

Suggestions for Growth

Type 1

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection took away you and your partner’s past, present, and future imperfections and sins. Ask God to help you discern the difference between your condemning inner critic and the merciful Holy Spirit.

Type 4

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection perfectly satisfy all of your deepest longings to be accepted and secure. Rest in knowing that you belong, and are seen and understood for your unique and authentic self. As Christ’s cherished child, you have been rescued from all shame and inadequacy.

Becoming Us

A thriving marriage requires coming alongside your spouse as they grow into the person God created them to be. When you surrender to the Holy Spirit and depend solely on Him, you'll experience powerful transformation and complete freedom as individuals and as a couple.

Misaligned

You constantly seek to change your spouse, trying to conform them into your own image. You look to your partner to “fill you up,” instead of looking to Christ to meet all your needs.

Aligned

Your heart is at rest and satisfied because it knows that Christ has completely fulfilled its Core Longing. This allows you to trust and have patience in God's perfect timing for your partner's growth. You seek unity by having more understanding and compassion for yourself and your spouse.

How to Support Your Type 4 Spouse

- Encourage your partner when you see them growing, displaying emotional balance and believing that they are complete and cherished in Christ.
- Affirm them by complimenting the positive qualities you see and admire in them. Remind them that nothing is missing in them and you love them for exactly who they are.

How to Support Your Type 1 Spouse

- Encourage your partner when you see them growing, surrendering their resentment and trust in God's timing and care, showing gratitude and serenity, and expressing compassion instead of judgment.
- Affirm when they trust in Christ's righteousness, not their loud inner critic.



BECOMING Us

Discover the intricate way in which you and your partner were created, and the unique Type qualities you each bring to the marriage relationship.

Learn specific ways to grow, both individually and as a couple, to improve your relationship and fulfill God's calling and purpose for your marriage.

Visit becomingus.com for your customized course!