

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 5: The Investigative Thinker

Type 5s are perspective, insightful, intelligent, detached, and isolated. They have a deep thirst for knowledge and experience the world as an intrusive and overwhelming place that can deplete them of energy and resources.

Core Motivations

Your Type has 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 5: The Investigative Thinker

- ⚠ Being annihilated, invaded, or not existing; thought incapable or ignorant; having obligations placed upon you or your energy completely depleted.
- ☀ Being capable and competent.
- 🌀 **Avarice:** feeling that you lack inner resources and that too much interaction with others will lead to catastrophic depletion; withholding yourself from contact with the world; holding onto your resources and minimizing your needs.
- 🔥 Your needs are not a problem.

As A Couple

Healthy Relationship

Type 1 and Type 5 couples can be a fantastic combination because they share a desire to be objective and reasonable, and to respect one another's personal boundaries. They enjoy each other's intellect, humor, expertise, and stimulating conversation.

Struggling Relationship

Type 1 and Type 5 couples can have problem areas. They both maintain strongly-held beliefs, and can find it challenging to respect or reach a compromise with a partner's differing views. Because both avoid sentimentality and fear clouded judgment, the relationship can become distant, prioritizing logic, order, and attention to detail over an emotional connection.

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 and strong opinions will lead a Type 5 to dig in their heels, becoming skeptic and argumentative. Since both partners value reason over emotion, the relationship can become impersonal and cold. The Type 1 can feel the Type 5 is too impractical, while the Type 5 judges the Type 1 to be too rigid and judgmental. Both tend to withdraw, living together but emotionally self-contained.	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 limited emotional energy reserves.

Type 1’s Communication Style	Type 5’s Communication Style
Misaligned: Teaching, Correcting, Judgmental, Opinionated, Irritated	Misaligned: Cold, Intellectually Arrogant, Withdrawn, Short, Emotionally Unavailable
Aligned: Honest, Fair, Poised, Polite, Sincere, Reasonable	Aligned: Respectful, Curious, Engaged, Non-intrusive, Observant

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.

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.

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 5s 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 conserve your energy by becoming distant or detached when you perceive that your partner is being overly emotional or placing too many obligations on you.
- You prioritize reason and intellect over your spouse's heart, wounding them and keeping you from restoration and intimacy.
- You get frustrated when you perceive your partner denies an issue to keep the peace instead of solving the conflict directly. This feeling activates your Core Fear of being incapable, invaded, or energy depleted.

Aligned

- You are willing to be open and vulnerable with your spouse, acknowledging their emotions and expressing your own.
- You show up for your partner, actively participating in conflict resolution with wisdom and insight. You ask questions, listen, and stay in tune to their verbal and non-verbal cues.
- You express your need to process your thoughts and feelings alone, in order to come back to the conversation with a clear perspective and sufficient energy.

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 5’s Childhood Message

Childhood Message: “It’s not okay to be comfortable in the world.”

Misaligned: You believe your contribution to the marriage relationship is unwanted or unneeded, causing you to withdraw from your spouse and suppress your own needs, thoughts, and feelings. Your spouse’s emotions overwhelm you and deplete your energy, so you detach yourself from them and make yourself aloof and distant. Your mind becomes your fortress and a source of protection from vulnerability and true relational intimacy.

Aligned: You realize that God created you to be in deep relationship with Him and others, and your needs are not a problem to Him. This realization frees you to trust your partner with your thoughts and feelings, opening you up to engage with your spouse and experience the warmth and intimacy that comes with marriage. You believe God will provide you the energy you need for a life of purposeful connection.

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 5

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection perfectly demonstrates how your needs are not too much for Him. Take rest in the fact that He freely gives you all the knowledge, energy, and internal resources you need.

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 Aligned

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.

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 5 Spouse

- Encourage your partner when you see them growing, allowing themselves to rely on and express their feelings and needs to you and others. Applaud them when they believe that they have a lot to offer the world and assert themselves with confidence.
- Affirm when you see them replenishing their inner resources in a healthy way, and trusting God to sustain their energy. Support them in taking periodic time alone to process their thoughts and feelings in private, so they can better engage with you and others.

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](http://becomingus.com) for your customized course!