

## Type Summary

### Type 2: The Supportive Advisor

Type 2s are generous, demonstrative, people-pleasing, and possessive. They take a genuine interest in others and come alongside anyone in need through their acts of service, helpful advice, and nurture in fear of being rejected or unwanted.

### 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 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 2: The Supportive Advisor

- ▼ Being rejected and unwanted, being thought worthless, needy, inconsequential, dispensable, or unworthy of love.
- ☀ Being appreciated, loved, and wanted.
- 🌀 *Pride*: denying your own needs and emotions while intuiting and focusing on the feelings and needs of others, confidently inserting your helpful support in hopes that others will say how grateful they are for your thoughtful care.
- 🔥 You are wanted and loved.

### 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 2 and Type 4 couples can be a fantastic combination because they both value connection. For the Type 2, their Type 4 spouse can be a safe harbor to share their hopes, needs, and insecurities. Since the Type 4 values emotional honesty and encouragement, they enjoy the Type 2's warmth, generosity, and thoughtfulness. When they are thriving, they help each other grow in emotional maturity and make the world a more nurturing and beautiful place.

### Struggling Relationship

Type 2 and Type 4 couples can also have problem areas. Each partner has a propensity toward making emotional demands and becoming envious or resentful of one another when their demands are not met. Both can view the other as being too emotionally needy and can let secret feelings of shame and unworthiness damage the intimacy and health of the relationship.

# 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

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.”

## Aligned with the Gospel

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

They become more demanding and insistent that the other come through for them in a specific way, leading to more unhealthy pain and misunderstanding. The Type 2 will find their Type 4 spouse’s words to be moody and temperamental, judging them to be hypersensitive and self-absorbed and activating their fear of being unwanted to dispensable. Likewise, the Type 4 will find the Type 2 to be too desperate, and come to resent their helpfulness. They can also become jealous of their Type 2 spouse’s charm and popularity, activating their fear of being somehow defective or insignificant. Both begin to see the other as too emotionally needy, and the unhealthy communication cycle continues.

## Aligned Communication

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 humility, patience, and integrity, knowing that they are each fully loved, valued, and accepted in Christ, despite their emotional needs or perceived shortcomings.

## Type 2’s Communication Style

**Misaligned:** Passive-Aggressive, Manipulative, Complaining, Intrusive

**Aligned:** Helpful, Guiding, Warm, Compassionate, Nonintrusive

## Type 4’s Communication Style

**Misaligned:** Moody, Emotionally Intense, Overly Explosive or Detached, Condescending, Self-Focused

**Aligned:** Authentic, Deep, Balanced, Empathetic, Good Listener

# 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 2s in Conflict

#### Approach to Conflict

- You take a positive approach to conflict, downplaying the problem to maintain peace and reestablish harmony.
- Your desire and priority is to settle the issue quickly and with as little unpleasantness as possible to avoid pain.

#### Misaligned

- You perceive your partner takes you for granted and under appreciates you.
- You feel upset if you sense you're not needed or wanted, making you feel rejected or dispensable.
- You get frustrated when you perceive your partner is too negative, remaining focused on the problem instead of making peace. This feeling activates your Core Fear of being unvalued, rejected or unworthy of love.

#### Aligned

- You ask questions and guide your partner toward a solution instead of giving advice.
- You remember that you don't depend on your spouse's approval, appreciation, and encouragement but rest in Christ's love for you.
- You recognize that your partner's priority is to solve the issue efficiently, and aren't necessarily trying to ignore or downplay your feelings or value and extend grace and understanding.

## 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 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 2’s Childhood Message

**Childhood Message:** “It is not okay to have your own needs.”

**Misaligned:** You believe you must only focus on others’ needs to obtain the love, value, and appreciation for which you long. You become increasingly burdened and less present in your marriage relationship.

**Aligned:** You emulate Christ’s example of balancing self-care with care for others. You realize you only need to look to God for approval, and that He wants you, personally, to be in close relationship with Him. You stop striving to prioritize others’ needs and find rest in the knowledge that you are valued and cherished for simply being you.

## 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 2

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection demonstrated how valuable and loved you are, removing the need to seek approval from others. Since you are already loved and valued by Christ, allow yourself to acknowledge and express your own needs to your spouse without guilt.

### 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 2 Spouse

- Encourage your partner when you see them growing, showing kindness and care to themselves, pointing others to Christ instead of needing others to depend solely on them.
- Affirm when you see them finding their value in being Christ's beloved child, instead of on others' appreciation.



# 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!