

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 7: The Entertaining Optimist

Type 7s are playful, excitable, versatile, scattered, escapist. As lovers of variety, they see endless possibilities and innovation all around them, always longing for more and fearful of missing out.

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 7: The Entertaining Optimist

- ⚠ Being deprived, trapped in emotional pain, limited, or bored; missing out on something fun.
- ☀ Being happy, fully satisfied, and content.
- 🌀 *Gluttony*: feeling a vast emptiness inside and having an insatiable desire to “fill yourself up” with experiences and stimulation in hopes of feeling completely satisfied and content.
- 🔥 You will be taken care of.

As A Couple

Healthy Relationship

Type 2 and Type 7 couples can be a fantastic combination because they often share an outgoing, friendly, high-energy demeanor, and a genuine heart for one other's happiness. While both are engaging and positive, the Type 2 brings emotional depth and concern for the welfare of others, while the Type 7 brings spontaneity and adventure to the dynamic. When they are thriving, this couple combination is warm, thoughtful and generous, making others feel loved and included and making the world a more welcoming place.

Struggling Relationship

Type 2 and Type 7 couples can also have problem areas. The Type 2's desire for appreciation and affirmation, combined with the Type 7's craving for new and fun experiences can leave both partners feeling unfulfilled and resentful, damaging intimacy and leading to competition and conflict.

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
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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
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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 7 partner can feel bored or trapped by the Type 2’s demand for their attention, time, and energy, causing them to become disinterested and emotionally distant. This activates the Type 2’s fear of being unwanted or unappreciated, causing them to double down on their efforts to help, and to become intrusive and manipulative. The Type 7 then feels even further limited, 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 stop looking to their partner to fulfill their desire for love and satisfaction, and realize only Christ can answer the longings of their hearts. They communicate with empathy, patience, and integrity, knowing that they are each fully loved, secure, and accepted in Christ, despite their fears and insecurities.

Type 2’s Communication Style

Misaligned: Passive-Aggressive, Manipulative, Complaining, Intrusive

Aligned: Helpful, Guiding, Warm, Compassionate, Nonintrusive

Type 7’s Communication Style

Misaligned: Scattered, Avoidant, Escaping, Hyper, Self-Focused, Rejecting Anything Unpleasant

Aligned: Lively, Light-hearted, Optimistic, Joyful, Good Listener, Engaged

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 7s 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 remain happy and avoid pain.

Misaligned

- You perceive your partner to be unpleasant, boring, emotional or slow. You avoid discord by interrupting, jumping from topic to topic, turning the focus to yourself and reframing negatives into positives.
- You suppress any negative emotions and speed through intense conversations. Your excitable personality can keep your spouse from taking you seriously in conflict.
- You get frustrated when you perceive your partner is too negative, remaining focused on the problem instead of making peace. This belief activates your Core Fear of being trapped in emotional pain or missing out on something fun.

Aligned

- You take the time to thoughtfully and intentionally listen to your partner's perspective, fully engaging in the discussion and acknowledging their thoughts and feelings.
- You remember that your spouse may not be as quick in their thought and processing as you are, giving them space to express their feelings and staying present and focused on the issue at hand.
- You allow yourself to go inward, experience negative emotions, and openly express your feelings to your partner.

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 7’s Childhood Message

Childhood Message: “It’s not okay to depend on anyone for anything.”

Misaligned: Your craving for constant stimulation and satisfaction keep you from entering into deep intimacy with your spouse. This disconnection frustrates you and contributes to your belief that others will never fully come through for you, leaving you feeling disappointed with your partner. Your spouse may feel wounded when you skirt responsibility or ignore their negative emotions for fear of missing out on anything fun or being trapped in emotional pain.

Aligned: When you fully trust God to meet your needs, you find contentment both in your circumstances and with your spouse. When filled with the hope of the Gospel, you can focus on your spouse’s feelings and become a better listener. Through Christ, you learn to come to terms with hard circumstances by going inward, experiencing your emotions, and learning how to communicate what you are feeling to your partner.

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 7

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection perfectly demonstrates how He has taken care of all your needs, allowing you to experience true satisfaction and a contented heart.

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 7 Spouse

- Encourage your partner when you see them growing, fully listening to you, and acknowledging and expressing their own emotions.
- Affirm when you see them finding their satisfaction and contentment in Christ, looking to him to meet their needs rather than running to new experiences. Remind them that only Christ truly satisfies.

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 for your customized course!