

## Type Summary

### 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.

### 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 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.

### 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 4 and Type 5 couples can be a fantastic combination because they share an affinity for depth, exploration and stimulating conversation. Though they can have different interests, with the Type 4 seeking beauty and the Type 5 seeking knowledge, they respect one another's passion and commitment and encourage openness and authenticity in one another. Their often quirky sense of humor, love of the bizarre, and creativity inspire each other and make the world a more interesting and beautiful place.

### Struggling Relationship

Type 4 and Type 5 couples can have problem areas due to their sometimes opposite relational approaches and quests for validation. Type 4 is more demonstrative with their feelings, while Type 5 needs more space to process. The Type 4's need for emotional depth and significance can cause the Type 5 to withdraw in fear of depletion. They can invade, wound, and alienate one another in their efforts to fulfill their desires and avoid their fears, leaving both partners feeling resentful, worthless, or incapable. As they express their frustrations of what is lacking in themselves and each other, it can result in a loss of trust and intimacy.

# 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.

<b>Misaligned with the Gospel</b>	<b>Aligned with the Gospel</b>
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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

<b>Misaligned Communication</b>	<b>Aligned Communication</b>
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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 4 spouse can become frustrated when they don’t get the quality of attention they desire from their Type 5 partner, leading them to be moody or hurt. This action activates the Type 5’s fear of being depleted of energy or having unwanted expectations placed on them, causing them to feel overwhelmed and retreat further from their partner. As the unhealthy cycle continues, each partner feels more wounded and rejected, and relational intimacy suffers.

They know their spouse still struggles here on earth and can communicate in hurtful ways, but they can 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, complete, and sustained by Christ. They each learn to take a sincere interest in the other’s feelings and interests, the Type 5 allowing the Type 4 to fully express their emotional depth, and the Type 4 supporting the Type 5 in their quest for knowledge. Each spouse is able to share their rich viewpoint with the other, making stimulating and open conversation a hallmark of their relationship.

## Type 4’s Communication Style

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

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

## Type 5’s Communication Style

**Misaligned:** Cold, Intellectually Arrogant, Withdrawn, Short, Emotionally Unavailable

**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 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.

## 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 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.

### 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 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.

### 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

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 5 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 4 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.



# 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!