

## 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 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 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 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 4 and Type 7 couples can be a fantastic combination because their natures can complement each other so well. The Type 4's quest for beauty, introspection, and emotional depth can help the Type 7 remain grounded and focused. The Type 7's affinity for adventure, spontaneity, and optimism can draw the Type 4 out of their shell and help them try new things. When the relationship is thriving, they bring excitement, passion, and joy to one another, and make the world a fun and meaningful place.

### Struggling Relationship

Type 4 and Type 7 couples can also have problem areas. Though they often have very opposite natures, they share the tendency of being easily frustrated or overly impulsive when their needs or desires are not met. The Type 4's fear of being somehow lacking, combined with the Type 7's craving for constant stimulation, can cause them to look to one another to “fill themselves up,” resulting in competitive, codependent and wounding behavior that damages 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 7’s fear of being trapped in emotional pain causes them to minimize their partner’s feelings, leaving the Type 4 feeling invalidated, unimportant, and irritated. The Type 4 will then become withholding or hostile in their interactions, causing the Type 7 to feel impatient and withdraw themselves to avoid negativity. Both can become abrasive, judgmental, and accusative in their communication, and as the unhealthy cycle continues, 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 satisfied in Christ, despite their insecurities.

## Type 4’s Communication Style

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

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

## 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 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 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 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 really 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 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 4

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection perfectly satisfies 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 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 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 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.

### 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.



# 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.

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