

Type Summary

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.

Type 6: The Loyal Guardian

Type 6s are committed, responsible, faithful, suspicious and anxious. Their dependability, sense of humor, ability to foresee problems, and fierce loyalty cause them to be incredible team players, hold groups together, and benefit the common good.

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 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.

Type 6: The Loyal Guardian

- ⚠ Feeling fear itself, being without support, security, or guidance; being blamed, targeted, alone, or physically abandoned.
- ☀ Having security, guidance, and support.
- 🌀 **Anxiety:** scanning the horizon of life and trying to predict and prevent negative outcomes (especially worst-case scenarios); remaining in a constant state of apprehension and worry.
- 🔥 You are safe and secure.

As A Couple

Healthy Relationship

Type 5 and Type 6 couples can be a fantastic combination because both are analytical, problem-solving, observant and emotionally calm. The Type 5 encourages their partner to be more confident and decisive, while the Type 6 helps their spouse to be more sympathetic and engaged. When the relationship is thriving, the pair develops a deep sense of trust, security, and connection, combining their strengths and expertise for the common good.

Struggling Relationship

Type 5 and Type 6 couples can have problem areas. The Type 5's need for independence and space can make the Type 6 feel unsupported and anxious. The Type 6's pursuit of guidance and support can make the Type 5 partner feel drained and burdened. With each taking vastly different approaches to life, work, problem-solving and communication, unresolved hurt, resentment, and anger can lead to a loss of relational 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.

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 5’s more intellectual and emotionally detached approach to communication can activate their Type 6 partner’s fear of abandonment and lead them to seek more guidance, support, and assurance from them. This causes the Type 5 to feel intruded upon and obligated, activating their fear of being incapable or depleted. Without hard work and emotional intentionality, suspicion and resentment can build, leaving each partner feeling angry and wounded.

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, valued and accepted in Christ, despite their fears and insecurities.

Type 5’s Communication Style

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

Aligned: Respectful, Curious, Engaged, Non-intrusive, Observant

Type 6’s Communication Style

Misaligned: Reactive, Anxious, Skeptical, Suspicious, Untrusting, Self-Doubting

Aligned: Warm, Caring, Compassionate, Witty, 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.

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.

Type 6s 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 perceive that you alone must bear the burden and responsibility for the conflict at hand.
- You focus on negative possibilities and worst-case scenarios, discouraging and disheartening your partner.
- 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 belief activates your Core Fear of being abandoned, without support, or blamed.

Aligned

- Before entering conflict or significant discussions, you take time to calm your thoughts and focus on positive outcomes.
- You ask your spouse what they are thinking and feeling, fully listening without jumping to conclusions. You ask clarifying questions and allow your partner to answer without becoming defensive or suspicious.
- You realize that sometimes your thoughts are speculations and not necessarily reality. You take time to separate worst-case thinking (your inner committee) from what is actually true in your relationship.

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 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.

Type 6’s Childhood Message

Childhood Message: “It’s not okay to trust yourself.”

Misaligned: You view the world as a dangerous and unreliable place and believe it’s your responsibility to protect yourself and your mate from probable harm. You look to your spouse to fill your need to be safe and secure and struggle to make decisions in and outside the relationship because of your self-doubt, confusion, and worst-case thinking. You alienate yourself from your spouse with your suspicious, untrusting, and anxious behaviors.

Aligned: You realize that you are God’s cherished child, and He will provide you with the inner guidance and protection for which you long. You rely on Him to take worst-case thoughts from your inner committee captive, replacing them with truth, wisdom, and balance. This realization frees you up to be more intimate and in tune with how your partner is feeling and to listen without making assumptions.

Suggestions for Growth

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.

Type 6

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection perfectly demonstrate how all-powerful and sovereign He is, and that you can cast all your cares on Him. Take rest in the fact that you are never alone or abandoned, and that the God of the universe knows, loves, provides, and protects you.

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 6 Spouse

- Encourage your partner when you see them growing, trusting that God will give them the clarity, courage, and strength they need to handle life's challenges well.
- Remind and demonstrate to them that they are not alone or abandoned. Listen to their concerns with empathy and without judgment, sincerely offering help and support.
- Affirm when you see them noticing the good in any situation.

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.



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!