

## 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 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 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 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 5 and Type 7 couples can be a fantastic combination because although they take an opposite approach to life, they are both quick-minded, independent, love intellectual pursuits, humor and exploring ideas. The Type 5 partner's depth, focus, and follow-through balances nicely with the Type 7's sense of adventure, optimism, and strong social skills. When the relationship is thriving, this pair can become the ultimate example of opposites attract, making the world a more enjoyable and interesting place.

### Struggling Relationship

Type 5 and Type 7 couples can have problem areas as their opposite needs and expectations from life and relationships can put them at odds with one another. The Type 7's pursuit of constant stimulation and satisfaction can make the Type 5 partner feel drained and burdened, causing them to withdraw. This distance makes the Type 7 push harder for excitement, positivity, intruding further on their partner. Unresolved hurt, resentment, and judgment 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.

<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 5 partner minimizes their needs, neglecting to express their true expectations and feelings to their partner and defaulting to isolation. Sensing their partner’s emotional detachment, the Type 7 spouse will push harder for excitement and positivity in order to suppress their mounting anxiety. When communication becomes strained, but partners can dig in their heels, becoming increasingly uncooperative and hurtful, and damaging relational trust and intimacy.

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 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.

## 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 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 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 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 trust God to provide you the energy you need for a life of purposeful connection.

## 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 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 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 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](http://becomingus.com) for your customized course!