

Type Summary

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.

Type 7: The Entertaining Optimist

Type 7s are playful, excitable, versatile, scattered, and escaping. 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 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.

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 6 and Type 7 couples can be a fantastic combination because they often share a strong sense of humor, quick wit, drive, and intelligence. They can complement one another well, with the Type 7 being the optimistic and adventurous visionary, and the Type 6 bringing the realistic, practical and logistical know-how to see the vision through. When the relationship is thriving, this pair balances out and supports one another, elevating each partner’s strengths and making the world a more exciting and innovative place.

Struggling Relationship

Type 6 and Type 7 couples can have problem areas. Their often opposite outlooks and approaches can cause each to be threatened by the other’s viewpoints. When judgment and resentment build, it activates each of their core fears and weaknesses, straining relational trust, satisfaction, 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 pain and misunderstanding. When the Type 6’s anxiety comes out in communication, their negativity will be very off-putting to the Type 7 spouse, who seeks happiness and satisfaction, and fears being trapped in emotional pain. When the Type 7 downplays or runs away from their spouse’s feelings, it only makes the Type 6 feel more anxious, insecure, and suspicious. As the unhealthy cycle continues, each partner becomes increasingly wounded and resentful, 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 6’s Communication Style

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

Aligned: Warm, Caring, Compassionate, Witty, Good Listener, Engaged

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 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 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.

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 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.

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 6

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

Type 7

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



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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