

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 8: The Protective Challenger

Type 8s are assertive, self-confident, intense, big-hearted, and confrontational. They feel a strong need to protect themselves against betrayal and powerlessness by always having an invincible exterior and minimizing any personal vulnerability.

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 8: The Protective Challenger

- ⚠ Being weak, powerless, harmed, controlled, vulnerable, manipulated, and left at the mercy of injustice.
- ☀ Protecting yourself and those in your inner circle.
- 🌀 *Lust/Excess*: constantly desiring intensity, control, and power; pushing yourself willfully on life and people to get what you want.
- 🔥 You will not be betrayed.

As A Couple

Healthy Relationship

Type 6 and Type 8 couples can be a fantastic combination because each values honor, dedication, trust, and support, allowing them to complement one another and form a deep and solid alliance. When the relationship is thriving, both partners are fiercely committed and loyal, and they can harness their strengths to benefit one another and make the world a more just, passionate and safe place.

Struggling Relationship

Type 6 and Type 8 couples can have problem areas. Both partners tend to hide their vulnerabilities and can go on the offensive when they feel threatened or betrayed. Each spouse also wants control, leading to power struggles, unhealthy competition and resentment, and damaging relational respect, 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.

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|-----------------------------------|--------------------------------|
| Misaligned with the Gospel | Aligned with the Gospel |
|-----------------------------------|--------------------------------|

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 a Type 8 becomes direct, aggressive or confrontational in their communication, it threatens the Type 6 partner’s confidence and trust, causing them to doubt their spouse and struggle to reclaim power. They may be passive-aggressive in their pursuit for control and independence, making the Type 8 feel even more threatened and vulnerable. As the unhealthy cycle continues, each partner becomes more resentful, suspicious, competitive, and angry, wounding one another and resulting in a loss of 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 8’s Communication Style

Misaligned: Demanding, Quick to Anger, Insensitive, Challenging, Blunt, Hurtful

Aligned: Generous, Loyal, Honest, Assertive, Confident, Protective, Tactful

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 8s in Conflict

Approach to Conflict

- You take a reactive and more emotionally-charged 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 your partner to be overly sensitive, unaware of the intimidating power and strong energy you give off.
- The raw, direct, and blunt delivery of your message keeps your partner from receiving it, wounding or threatening them and exasperating the issue at hand.
- 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 powerless, controlled or at the mercy of injustice.

Aligned

- You focus on being soft, optimistic, encouraging, and tactful in your delivery so that your partner can receive what you're saying and move toward reconciling the issue.
- You trust and respond to your spouse when they inform you that you need to dial back your intensity in the conflict.
- You share more of your heart and vulnerabilities with your mate, realizing that this softer approach will benefit your relationship and resolve disagreements faster. You trust God to be your protector and shield, remembering He will never forsake or betray you.

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 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. You 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 projecting, 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 frees you up to be more intimate and in tune with how your partner is feeling, and to listen full-heartedly without making assumptions.

Type 8’s Childhood Message

Childhood Message: “It’s not okay to be vulnerable or to trust anyone.”

Misaligned: Fearing rejection or betrayal by your spouse, you’re harsh, strong-willed, controlling, confrontational, and overprotective of your spouse, wounding them and preventing vulnerability and intimacy. You erect a wall between you and your partner, serving as a strong armor to protect your tender heart. When you feel threatened, you can react with vengeance and intense authority.

Aligned: You find security and rest in the fact that God is your protector and shield, releasing your need to take control and harnessing your power and passion for creating a safe place for your partner and others. By recognizing the power, provision, and protection of God, you learn to dial back your intensity and become more trusting and vulnerable with your spouse, greatly benefiting your relationship.

Suggestions for Growth

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.

Type 8

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection perfectly demonstrates how much love, power, strength, and determination He has for you. He has rescued you from being your own protector, and you can rest as His beloved child.

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 8 Spouse

- Encourage your partner when you see them growing, slowing down and resisting their urge to push their way through or take action.
- Affirm them when they bring out their softer side and change how they communicate to accommodate others' communication style and needs.
- Applaud them when they are vulnerable, trusting Christ to protect and never betray them.

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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