

Type Summary

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.

Type 8: The Protective Challenger

Type 8s are assertive, self-confident, intense, big-hearted, and confrontational. They feel an intense 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 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.

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 7 and Type 8 couples can be a fantastic combination because they are both energetic, generous and adventurous, valuing new and engaging experiences and soaking up the best of what life has to offer. When the relationship is thriving, each couple feels free to express their feelings and preferences and pursue their interests and ambitions, making the world a more exciting place.

Struggling Relationship

Type 7 and Type 8 couples can have problem areas. Each partner is strong-willed, independent and seeking control, which can lead to power struggles and reckless and passionate conflicts. Each Type can downplay or ignore their partner's emotions to serve their own interests, ambitions or cravings, damaging relational trust, security, 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

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.”

Aligned with the Gospel

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

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 8 partner becomes forceful, confrontational, or controlling in their communication, it activates the Type 7’s fear of being trapped in emotional pain or negativity, leading them to become insulting or rebellious. This behavior only fuels the Type 8’s fear of betrayal and vulnerability, causing them to be even more aggressive. Both Types can become increasingly resentful, wounding, and abusive, and as the unhealthy cycle continues, it damages relational intimacy and trust.

Aligned Communication

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 desires and insecurities.

Type 7’s Communication Style

Misaligned: Scattered, Avoidant, Escaping, Hyper, Self-Focused, Rejecting Anything Unpleasant

Aligned: Lively, Light-hearted, Optimistic, Joyful, 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 7s in Conflict

Approach to Conflict

- You take a positive approach to conflict, downplaying the problem in order 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 being too negative, remaining focused on the problem instead of making peace. This 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.

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 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.

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 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.

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 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.



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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