

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 9: The Peaceful Mediator

Type 9s are thoughtful, reassuring, receptive, accommodating, and resigned. They are natural peacemakers and agents of reconciliation who bring a sense of calm and empathy wherever they go. They “go along to get along” to avoid the internal or external conflict they feel.

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 9: The Peaceful Mediator

- ⚠ Being in conflict, tension, or discord; feeling shut out and overlooked; losing connection and relationship with others.
- ☀ Having inner stability and peace of mind.
- 🌀 **Sloth:** remaining in an unrealistic and idealistic world in order to keep the peace, remain easy-going, and not be disturbed by your anger; falling asleep to your passions, abilities, desires, needs, and worth by merging with others to keep peace and harmony.
- 🔥 Your presence matters.

As A Couple

Healthy Relationship

Type 7 and Type 9 couples can be a fantastic combination because each partner is optimistic and friendly, preferring to focus on the positive aspects of life. The Type 7 partner can help the Type 9 be more assertive, confident, adventurous, and to take more initiative, while the Type 9 can encourage the Type 7 to be more empathetic, steady, relaxed and generous. When the relationship is thriving, the partners complement one another well, making the world a happier, more comfortable and exciting place.

Struggling Relationship

Type 7 and Type 9 couples can have problem areas. Each Type tends to suppress negative or unpleasant emotions and can blame their partner when these feelings arise. The Type 9 partner can become withdrawn or unresponsive in the face of conflict, while the Type 7 can become angry and accusatory. Resentment and anger can build, resulting in the 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 pain and misunderstanding. Each partner tends to suppress their negative feelings rather than express them in a constructive way, leading them to communicate in unhealthy and wounding ways. The Type 7 may become accusatory and impulsive with their words, causing the Type 9 to retreat to avoid conflict. As the Type 9 disengages, the Type 7 feels increasingly frustrated. Resentment and hurt builds, and as the unhealthy cycle continues, it can result in a loss of relational harmony, intimacy and trust.

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 9’s Communication Style

Misaligned: Detached, Passive or Passive-Aggressive, Stubborn, Avoidant, Unsure

Aligned: Kind, Good Listener, Receptive, Nonjudgmental, Peaceful, Optimistic, 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 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 9s 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 tension and unpleasantness as possible to avoid pain.

Misaligned

- You say "yes" when you want to say "no," out of fear of prolonging the conflict, creating further disconnection, or losing inner peace. This behavior contributes to your feelings of being overlooked or that your presence and perspective doesn't matter, further straining the relationship.
- You meander in your communication in conflict, since you're unsure or afraid to express how you really think and feel.
- You suppress your true feelings to the point of eruption, and you violently explode in anger toward your spouse when you reach your breaking point.
- You get frustrated when you perceive your partner is too negative, remaining focused on the problem instead of making peace. This feeling activates your Core Fear of tension, discord and losing connection with others.

Aligned

- You realize that conflict can bring about progress and greater intimacy when done well, so you approach it with purpose, courage, and confidence.
- You communicate your perspective and desires in a clear, concise and straightforward manner. You take the time to think, process, and practice your delivery.
- You remember that your presence and perspective are valuable, and that conflict is a two-way street. You actively contribute to the conversation and resist the urge to always merge with your spouse's opinions and preferences.

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 9’s Childhood Message

Childhood Message: “Don’t assert yourself.”

Misaligned: You neglect your desires, passions or needs, and go along to get along with your spouse. To disengage with what is disturbing you, you numb out or shut down, accommodating your partner in hopes of keeping the peace. In the process, you lose yourself and feel increasingly overlooked, neglected, and resentful in the relationship.

Aligned: You take the time to think through and identify your thoughts, views, and opinions, and express them to your spouse in a clear and direct way. You realize that your presence and viewpoint are an integral component of a healthy marriage and that merging with your partner causes harm to both you and 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 9

Pray that you will truly know, believe, and trust that Jesus Christ’s life, death, and resurrection perfectly demonstrates that your presence matters, and frees you from the need to hide behind and merge with others to have an identity.

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

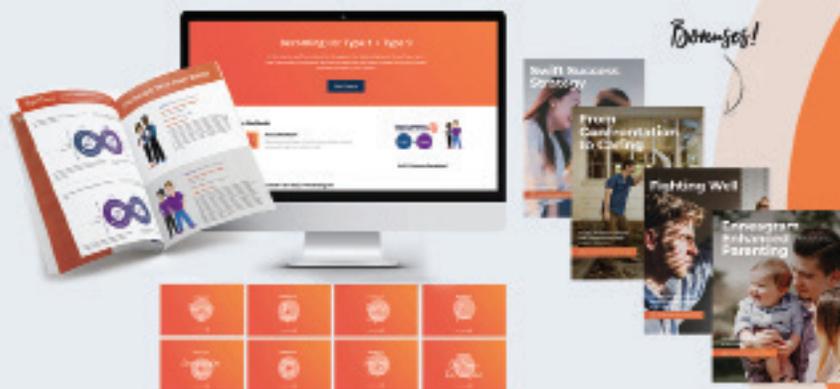
Your heart is at rest and satisfied because it knows that Christ has completely fulfilled its Core Longing. This allows you to trust and have patience in God's perfect timing for your partner's growth. You seek unity by having more understanding and compassion for yourself and your spouse.

How to Support Your Type 9 Spouse

- Encourage your partner when you see them growing, setting goals, taking a stand, confidently asserting themselves and expressing their desires and passions.
- Affirm them when they trust that their presence and voice matter to Christ and live this out in all areas of their life.

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.

Visit becomingus.com for your customized course!