



## *Mentor's Guide - Personalities*

### **Session Objectives**

- **For married women:** Better understanding of the **personality** of each woman and their spouse, and how to better relate and encourage each other.
- **For single women:** Better understanding of the personality of each woman and the people who they are in a close relationship to, and how to better relate others.
- **Community** will continue to grow among the women, and the younger women will become more connected with the mentor.

### *Personalities Timeline*

*Since most Titus2 groups meet from 7:00 until 10:00 in the evening, we've assumed this timeframe in our model meeting timeline.*

7:00	Arrival and opening prayer
7:05	Opening question
7:20	Scripture Memory Review
7:30	Book Discussion
8:15	Break
8:30	Discuss: Marriage Exercise
9:15	Administrative time
9:25	Prayer requests and prayer
9:55	Wrap-up
10:00	Dismiss

## *Personalities Discussion Guide*

### **7:00 Arrival and opening prayer**

Start on time.

Remind/thank the girls for being there on time.

Open in prayer.

### **7:05 Opening question**

*“How have you seen God work in your life during the past month?”*

OR select another question you think would be a great way to get the women to connect and sharing with each other. Go around the group and give each woman an opportunity to share.

### **7:20 Scripture Memory Review - Psalm 139:13-14**

*“Who would like to quote this month’s memory verses first?”*

Go around the group and allow each woman to quote the verses saying topic, reference, and verses. You want to encourage them to say it word perfect, so they will remember these verses for years to come.

This would be a good time to start asking the women to quote verses they memorized in previous months. One way of doing this is to write the references of the verses on slips of paper and put them in a container. Pass the container around and have each woman draw out one or more of them. Have them quote the reference, topic and verses. Remind them that you’ll be doing this periodically, and encourage them to review, review, review!!!

### **7:30 Book Discussion**

Here are some possible questions you might use to generate an interactive discussion about the book.

*“What did you learn from the book?”*

*“How important is it for you to understand your personality as you interact with other people?”*

*“What is your personality and what did you learn about that personality?”*

*“How can understanding your personality help you relate to others?”*

*“What other insights about yourself did you gain in reading the book?”*

Included at the end of the **Mentor’s Notes** is a document called *Understanding the Temperaments*. It’s a good summary of the temperaments that you can refer to, or if you think it would be helpful for your women, you could make copies and give them out to them.

### **8:15 Break**

### **8:30 Discuss: Marriage Exercise**

*“What did you swap - giving up something you love to do just to be with your husband?”*

*“What was the outcome?”*

*“Was everyone able to have a date night?”*

Have women share what they did for their date night. Remind the women of the importance of spending quality time with their husbands and making the effort to plan time away from children and other responsibilities.

*“What is your husband’s personality? Were you aware of this before this month?”*

*“How do your husband’s strengths balance out your weaknesses?”*

*“How do your strengths balance out your husband’s weaknesses?”*

*“Did you discover anything new about your husband as you discussed your personalities with each other?”*

*“Looking at your possible ‘personality pitfalls’ in dealing with your relationship to your husband, what do you need to be especially mindful of?”*

*“Any new insights on how best to interact with each other?”*

Complete your discussion by sharing from your own life. Share what you have learned over the years about your personality and your husband’s; and how helpful understanding personality types is in relating to others and in living with your husband and children in an “understanding way.”

**9:00 Discuss: Peer Challenge**

*“What did you discover as you thought purposely about your strengths and weaknesses? What first step can you take to improve your weak areas?”*

**9:15 Handouts for Next Session**

This is the time you can hand out the materials for next month and glance over them together to make sure everyone understands the assignments. Materials include:

- 1) Homework Assignment
- 2) Marriage Exercise
- 3) Peer Challenge Partner
- 4) Book
- 5) If it’s time, schedule one-on-ones with each woman.

**9:25 Prayer requests and prayer**

Ask each woman to share any answers to prayer from last month and what she would like the group to pray for her during this coming month. Don’t forget to share your own prayer request.

After everyone has shared a prayer request, spend time praying together. Depending on the makeup of your group, you might consider praying as an entire group, or praying in groups of 2 or 3, or one person close in a time a prayer. I would suggest mixing the way your pray each month, just to keep it from getting too routine.

**9:55 Wrap-up**

Encourage the women by telling them how much you appreciate their openness to share their lives with each other, as well as their commitment to the group.

Remind them that you are available to them. Depending upon your preference, suggest they call or email you if they need to speak with you before the next meeting.

Encourage them to continue being disciplined about diligently completing all their assignments. This will be a great benefit to them!!

**10:00 Dismiss**

## *Understanding Temperaments*

### ***SANGUINE***

Motto: "Let's have fun."

Need: Approval

<u>Strengths</u>	<u>Weaknesses</u>
<b>Overview</b>	
Warm, Outgoing	Unpredictable
Talkative	Restless
Carefree	Spontaneous anger
Emotional	Undisciplined
Optimistic	Weak-willed
<b>In Personal Relationships</b>	
Friendly	Undependable
Sensitive	Poor listener
Popular	Impulsive
Inspiring	Brash
Encourager	Loud
<b>In Work Activities</b>	
Enthusiastic	Disorganized
Natural salesman	Talks, Should work
Good starter	Poor finisher
Creative	Easily distracted

### ***PHLEGMATIC***

Motto: "Why overexert myself."

Need: Appreciation, needs praise

<u>Strengths</u>	<u>Weaknesses</u>
<b>Overview</b>	
Calm, Relaxed	Unenthusiastic
Easy going	Worrier, fearful
Patient, Kind	Pessimistic
Peace-loving	Compromising
<b>In Personal Relationships</b>	
Likable	Stingy
Dry, witty humor	Selfish
Good listener	Stubborn
Faithful friend	Indifferent
<b>In Work Activities</b>	
Good under pressure	Procrastinates
Adaptable	Unmotivated
Practical, Finds easy way	Indecisive
Steady, Reliable	Reluctant leader
Efficient planner	Spectator

### ***CHOLERIC***

Motto: "I can do it myself."

Need: Achievement

<u>Strengths</u>	<u>Weaknesses</u>
<b>Overview</b>	
Confident	Anger, Revenge
Strong-willed	Opinionated
Optimistic	Insensitive
Self-sufficient	Unemotional
Not easily discouraged	Impatient
<b>In Personal Relationships</b>	
Born leader	Unsympathetic
Controls	Sarcastic/Cruel
Exhorter	Domineering
Decisive	Inconsiderate
Stimulates activity	Unforgiving
<b>In Work Activities</b>	
Organizer	Manipulative
Practical	Bored with details
Goal-oriented	Demanding
Delegates work	Intolerant of errors

### ***MELANCHOLY***

Motto: "If it's worth doing, do it right."

Need: Encouragement, they are so hard on themselves

<u>Strengths</u>	<u>Weaknesses</u>
<b>Overview</b>	
Gifted, genius prone	Depressive
Analytical	Pessimistic, Negative
Sensitive	Too introspective
Deep & thoughtful	Hypochondria
<b>In Personal Relationships</b>	
Self-disciplined	Critical, picky
Dependable, Loyal	Unsociable
Self-sacrificing	Remembers past
Faithful friend	Sulks
<b>In Work Activities</b>	
Perfectionist, Intellectual	Theoretical
Conscientious	Tires easily
Likes detail work	Hard to please
Finds creative solution	Indecisive
Likes charts, graphs	Plans too much