



You and Your Husband's Personality
(To be completed after your Date Night)

On the DISC personality test: D = Choleric
I = Sanguine
S = Phlegmatic
C = Melancholy

- What is your personality type? _____
- What is your husband's personality type? _____
- Chapter 8 of *Personality Plus for Couples* and Chapter 3 of *Wired That Way* contains lists of strengths and weaknesses for each personality type. Looking at the list in your book, what do you think your major pitfalls could be in relationship with your husband? What do you need to be especially mindful of?
- How can your husband's strengths balance out your weaknesses?
- How can your strengths balance out your husband's weaknesses?
- What tendencies of your personality do you need to be aware of when dealing with others?

Galatians 5:16, 22-23 (NASB)

“¹⁶ But I say, walk by the Spirit, and you will not carry out the desire of the flesh.

²² But the fruit of the Spirit is love, joy, peace, kindness, goodness, faithfulness, ²⁵gentleness, self-control; against such things there is no law.”

- Meditating on these verses, how can you apply them to your life in relation to our focus on personalities?

Look again at the emotional needs of your husband's primary personality trait. In *Personality Plus for Couples*, these are found in the following chapters: Sanguine – Chapter 4; Melancholy – Chapter 5; Choleric – Chapter 6; Phlegmatic – Chapter 7. For the book *Wired That Way* these are found in Chapter 5 - Emotional Needs.

- Is there one thing you need to focus on in order to be a better helpmate to your husband?

- What insights have you gained about yourself through reading this book?

- What have you learned or become more aware of about your husband through this book?