



Marriage Exercise - Personality Profile

Marriage Exercise - The Swap

Sometime this month, purposely decide NOT to do something that you love to do and instead, spend that time just being with your husband: doing a project that he wants to do or doing something that he wants to do but fully expects to do alone. Just be with him; no expectations. Be prepared to report back next month on what happened.

Date Night Discussion Questions

Prior to your date night, both you and your husband should complete the Personality Profile included at the end. A copy for your husband is included as well.

Though no one person will fit exactly into one box, share with each other what your personality type is. Many of you will find that you're a combination of two. Take time to identify and discuss you and your spouse's strengths and weaknesses.

"The process of identifying personalities is about more than just labels. It is really all about relationships. Once you know your own personality, you can use that knowledge as a tool for growth - moving from where you are to where you want to be. Once you can identify the personalities of others, you can begin to understand them and adjust your expectations of them." Marita Littauer

- Using the book you read this month, look at the emotional needs for each person's personality and **discuss these with each other**. For the book *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.
- How do you and your husband's strengths/weaknesses balance out? In *Personality Plus*, refer to chart in Chapter 8. In *Wired That Way*, refer to chart in Chapter 3.
- What tendencies of your personalities do you need to be aware of when dealing with each other?

Personality Test

Taken from Florence Littauer's Personality Plus: How to Understand Others by Understanding Yourself

Directions – In each of the following rows of four words across, place an X in front of the one word that most often applies to you. Continue through all forty lines; be sure each number is marked. If you are not sure which word “most applies,” ask a spouse or a friend, and think of what your answer would have been when you were a child.

Strengths

- | | | | |
|----------------------|----------------------|------------------|-------------------|
| 1 ___ Adventurous | ___ Adaptable | ___ Animated | ___ Analytical |
| 2 ___ Persistent | ___ Playful | ___ Persuasive | ___ Peaceful |
| 3 ___ Submissive | ___ Self-sacrificing | ___ Sociable | ___ Strong-willed |
| 4 ___ Considerate | ___ Controlled | ___ Competitive | ___ Convincing |
| 5 ___ Refreshing | ___ Respectful | ___ Reserved | ___ Resourceful |
| 6 ___ Satisfied | ___ Sensitive | ___ Self-reliant | ___ Spirited |
| 7 ___ Planner | ___ Patient | ___ Positive | ___ Promoter |
| 8 ___ Sure | ___ Spontaneous | ___ Scheduled | ___ Shy |
| 9 ___ Orderly | ___ Obliging | ___ Outspoken | ___ Optimistic |
| 10 ___ Friendly | ___ Faithful | ___ Funny | ___ Forceful |
| 11 ___ Daring | ___ Delightful | ___ Diplomatic | ___ Detailed |
| 12 ___ Cheerful | ___ Consistent | ___ Cultured | ___ Confident |
| 13 ___ Idealistic | ___ Independent | ___ Inoffensive | ___ Inspiring |
| 14 ___ Demonstrative | ___ Decisive | ___ Dry Humor | ___ Deep |
| 15 ___ Mediator | ___ Musical | ___ Mover | ___ Mixes easily |
| 16 ___ Thoughtful | ___ Tenacious | ___ Talker | ___ Tolerant |
| 17 ___ Listener | ___ Loyal | ___ Leader | ___ Lively |
| 18 ___ Contented | ___ Chief | ___ Chart-maker | ___ Cute |
| 19 ___ Perfectionist | ___ Pleasant | ___ Productive | ___ Popular |
| 20 ___ Bouncy | ___ Bold | ___ Behaved | ___ Balanced |

Weaknesses

- | | | | |
|----------------------|-----------------------|--------------------|--------------------|
| 21___ Blank | ___ Bashful | ___ Brassy | ___ Bossy |
| 22___ Undisciplined | ___ Unsympathetic | ___ Unenthusiastic | ___ Unforgiving |
| 23___ reticent | ___ Resentful | ___ Resistant | ___ Repetitious |
| 24___ Fussy | ___ Fearful | ___ Forgetful | ___ Frank |
| 25___ Impatient | ___ Insecure | ___ Indecisive | ___ Interrupts |
| 26___ Unpopular | ___ Uninvolved | ___ Unpredictable | ___ Unaffectionate |
| 27___ Headstrong | ___ Haphazard | ___ Hard to Please | ___ Hesitant |
| 28___ Plain | ___ Pessimistic | ___ Proud | ___ Permissive |
| 29___ Angered easily | ___ Aimless | ___ Argumentative | ___ Alienated |
| 30___ Naive | ___ Negative attitude | ___ Nervy | ___ Nonchalant |
| 31___ Worrier | ___ Withdrawn | ___ Workaholic | ___ Wants credit |
| 32___ Too sensitive | ___ Tactless | ___ Timid | ___ Talkative |
| 33___ Doubtful | ___ Disorganized | ___ Domineering | ___ Depressed |
| 34___ Inconsistent | ___ Introvert | ___ Intolerant | ___ Indifferent |
| 35___ Messy | ___ Moody | ___ Mumbles | ___ Manipulative |
| 36___ Slow | ___ Stubborn | ___ Show-off | ___ Skeptical |
| 37___ Loner | ___ Lord over others | ___ Lazy | ___ Loud |
| 38___ Sluggish | ___ Suspicious | ___ Short-tempered | ___ Scatterbrained |
| 39___ Revengeful | ___ Restless | ___ Reluctant | ___ Rash |
| 40___ Compromising | ___ Critical | ___ Crafty | ___ Changeable |

Personality Scoring Sheet

Now transfer all your X's to the corresponding words on the Personality Scoring Sheet and add up your totals. For example, if you checked Animated on the profile, check it on the scoring sheet. (Note: The words are in a different order on the profile and the scoring sheet.)

Strengths

Popular Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
1 ___ Animated	___ Adventurous	___ Analytical	___ Adaptable
2 ___ Playful	___ Persuasive	___ Persistent	___ Peaceful
3 ___ Sociable	___ Self-Strong-willed	___ Self-sacrificing	___ Submissive
4 ___ Convincing	___ Competitive	___ Considerate	___ Controlled
5 ___ Refreshing	___ Resourceful	___ Respectful	___ Reserved
6 ___ Spirited	___ Self-reliant	___ Sensitive	___ Satisfied
7 ___ Promoter	___ Positive	___ Planner	___ Patient
8 ___ Spontaneous	___ Sure	___ Scheduled	___ Shy
9 ___ Optimistic	___ Outspoken	___ Orderly	___ Obliging
10 ___ Funny	___ Forceful	___ Faithful	___ Friendly
11 ___ Delightful	___ Daring	___ Detailed	___ Diplomatic
12 ___ Cheerful	___ Confident	___ Cultured	___ Consistent
13 ___ Inspiring	___ Independent	___ Idealistic	___ Inoffensive
14 ___ Demonstrative	___ Decisive	___ Deep	___ Dry Humor
15 ___ Mixes easily	___ Mover	___ Musical	___ Mediator
16 ___ Talker	___ Tenacious	___ Thoughtful	___ Tolerant
17 ___ Lively	___ Leader	___ Loyal	___ Listener
18 ___ Cute	___ Chief	___ Chart-maker	___ Contented
19 ___ Popular	___ Productive	___ Perfectionist	___ Pleasant
20 ___ Bouncy	___ Bold	___ Behaved	___ Balanced

Totals - Strengths

Weaknesses

Popular Sanguine	Powerful Choleric	Perfect Melancholy	Peaceful Phlegmatic
21___ Brassy	___ Bossy	___ Bashful	___ Blank
22___ Undisciplined	___ Unsympathetic	___ Unforgiving	___ Unenthusiastic
23___ Repetitious	___ Resistant	___ Resentful	___ Reticent
24___ Forgetful	___ Frank	___ Fussy	___ Fearful
25___ Interrupts	___ Impatient	___ Insecure	___ Indecisive
26___ Unpredictable	___ Unaffectionate	___ Unpopular	___ Uninvolved
27___ Haphazard	___ Headstrong	___ Hard to Please	___ Hesitant
28___ Permissive	___ Proud	___ Pessimistic	___ Plain
29___ Angered easily	___ Argumentative	___ Alienated	___ Aimless
30___ Naive	___ Nervy	___ Negative Attitude	___ Nonchalant
31___ Wants credit	___ Workaholic	___ Withdrawn	___ Worrier
32___ Talkative	___ Tactless	___ Too sensitive	___ Timid
33___ Disorganized	___ Domineering	___ Depressed	___ Doubtful
34___ Inconsistent	___ Intolerant	___ Introvert	___ Indifferent
35___ Messy	___ Manipulative	___ Moody	___ Mumbles
36___ Show-off	___ Stubborn	___ Skeptical	___ Slow
37___ Loud	___ Lord over others	___ Loner	___ Lazy
38___ Scatterbrained	___ Short-tempered	___ Suspicious	___ Sluggish
39___ Restless	___ Rash	___ Revengeful	___ Reluctant
40___ Changeable	___ Crafty	___ Critical	___ Compromising

Totals - Weaknesses

Combined Totals

This test is very easy to interpret. Once you've transferred your answers to the scoring sheet, added up your total number of answers in each of the four columns, and added your totals from both the strengths and weaknesses sections, you'll know your dominant personality type (and least dominant type). You'll also know what combination you are.

** Note: As Christians, and especially as Christian leaders, we should use personality tests to better understand ourselves and others. They are not intended to lock us in to one particular personality. i.e. We are not allowed to blame our sin on our personality type. We are not slaves to our personality, we are slaves to Christ. If Christ is changing us day by day, He will sand away our rough edges so that we will become more like Him. **

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Weaknesses

21___ Blank	___ Bashful	___ Brassy	___ Bossy
22___ Undisciplined	___ Unsympathetic	___ Unenthusiastic	___ Unforgiving
23___ reticent	___ Resentful	___ Resistant	___ Repetitious
24___ Fussy	___ Fearful	___ Forgetful	___ Frank
25___ Impatient	___ Insecure	___ Indecisive	___ Interrupts
26___ Unpopular	___ Uninvolved	___ Unpredictable	___ Unaffectionate
27___ Headstrong	___ Haphazard	___ Hard to Please	___ Hesitant
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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, ²³ gentleness, 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?