



**FOR BETTER**  
*Communication*  
**IN MARRIAGE**

**STEP 1**  
**UNDERSTANDING YOUR**  
**TEMPERAMENT**

*Prepared on 2/22/22 for:*

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# hooray!

## YOU COMPLETED THE FIRST STEP.

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You are on your way to discovering deeper communication in your marriage. Let this first step give you the momentum you need to keep going! As you learn more about yourself and the uniqueness of your strengths, we hope that you will also begin **recognizing and valuing the strengths in others**, especially in your spouse.

This document includes all the information you have given and received in this section. Hang on to it for the next section, which you will complete in our online course, together with your spouse. You will need to have the information in this download handy for your conversations in the next section.

### A WORD OF

### *encouragement*

Whether your spouse is totally on board or still a bit hesitant, take a deep breath. **Remember, the only thing you can control is yourself and your actions in this very moment.** Not the past, not the future; not your spouse, not their feelings. Right now, try and take a step back and do your best to have grace for yourself and your spouse throughout this course.

**Growth is rarely comfortable.** But if you want something to change, you have to change something. If you allow it, this course can bring the change you're looking for in your marriage and help you grow together in the best way possible.



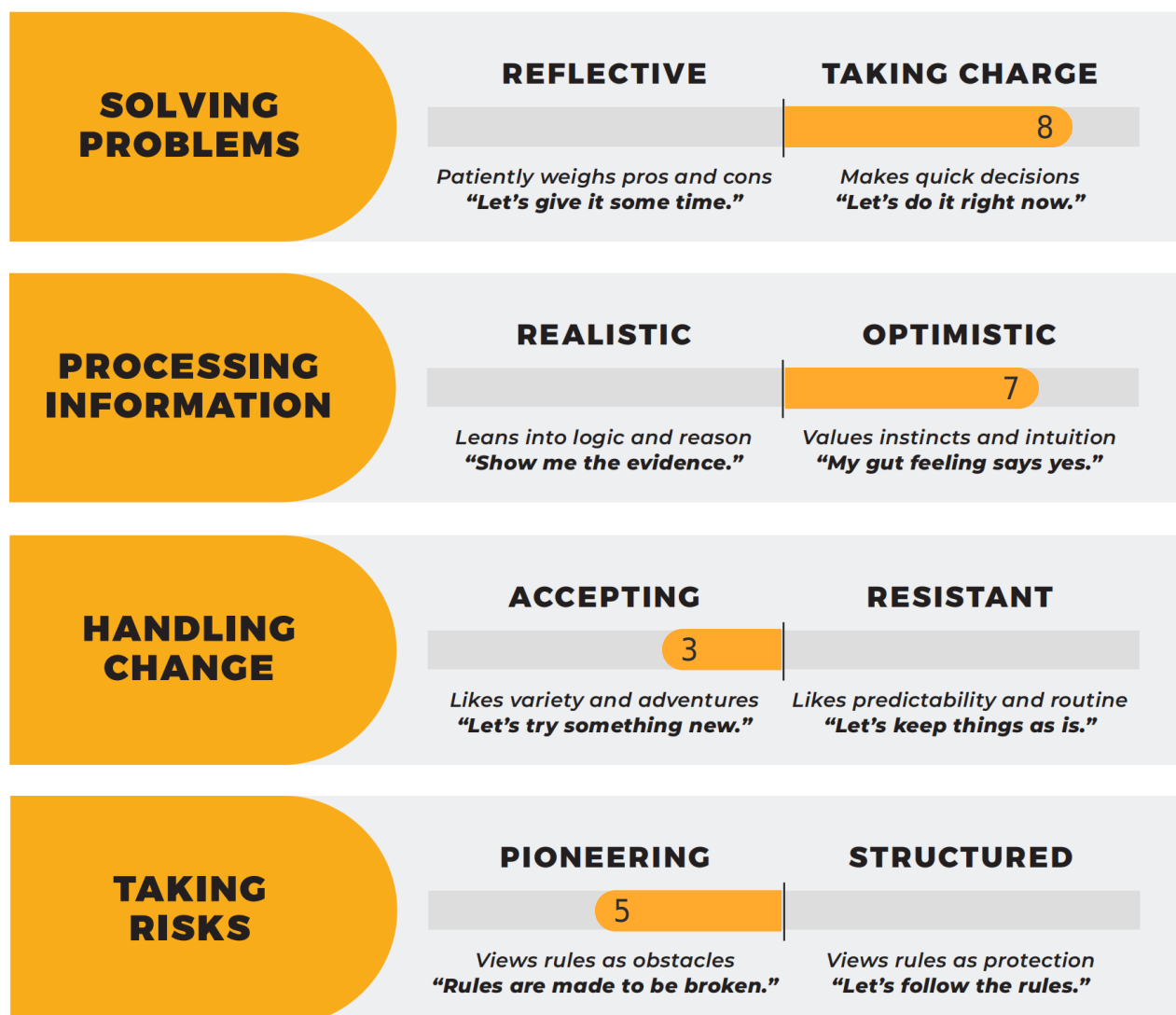
## YOUR CORE TRAITS DETAILS

The more you explore the impact of the core traits or natural strengths of your temperament, the deeper the insights you'll uncover about yourself. This chart presents a visual picture of the predictable ways that you naturally respond to problems, information, change, and risk.

For each of these four scales, there are two different strengths that you can have. Each continuum is on a 10-point scale with a vertical line in the center representing the energy line. The number on the scale indicates the intensity of the strength. There might be some situations where you use a strength different from your natural strength, but it will take a whole lot more energy for you to do so.

If your score on any continuum is within 2 points of the energy line, it is neutral. This means you can move toward either of the strengths outlined in the scales based on the current situation. You will tend to take a neutral position until you understand what strength is required.

**Let's take a look at your natural strengths!**





## INTERPRETING YOUR RESULTS

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**NOTE:** These strengths are a part of who you are and will remain relatively consistent over time. Typically, only very small changes in your natural strengths are observed throughout your life. It is not often that we see major shifts in someone's natural strengths, but it is possible. Such a shift is normally due to a major life-changing event.

### SOLVING PROBLEMS

Your score on this scale indicates whether your natural strength is to be more reflective or to take charge in how you approach problems. If you plot on the reflective side of the scale, we can predict that you will take a more reflective or calculating approach to solving a problem or challenge. If you plot on the taking charge side of the scale, it is predictable that when a problem or challenge arises you will take a more aggressive or assertive approach to solving that problem. Depending on the problem or issue, each side of the scale can highlight an important strength.

### PROCESSING INFORMATION

Your score on this scale indicates whether your natural strength is to be more optimistic or realistic in how you process information. If you plot on the optimistic side of the scale, it is predictable that when processing new information you will be more trusting and accepting. If you plot on the realistic side of the scale, you will be more skeptical and want to validate information before trusting. Again, each side of the scale represents a strength in processing information.

### HANDLING CHANGE

Your score on this scale indicates whether your natural strength is to be more accepting or resistant in how you handle change. If you are on the accepting side of this scale, you will tend to be fast-paced. You are comfortable managing many projects simultaneously, and you allow change to drive your plan. If you plot on the resistant side of the scale, you will lean toward a slower pace. You prefer to focus on one project at a time, and you tend to want to plan for change. Handling change effectively requires a combination of these strengths.

### TAKING RISKS

Your score on this scale indicates whether your natural strength is to be more structured or pioneering in how you face risk. If you are on the structured side of the scale, you will tend to follow the established procedures and rules and see them as a source of protection. Therefore you will tend to be a lower risk-taker. If you are on the pioneering side of this scale, you will tend to view rules and established procedures as broad guidelines and tend to push the envelope of risk. You may even view them as obstacles standing in the way of your progress. Each of these strengths is important and needed for balancing the risk scale.



## GENERAL CHARACTERISTICS

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***When it comes to temperament, there is no right or wrong! You have both strengths and challenges. Based on your assessment responses, the statements below describe the general characteristics of your temperament.***

### all about you...

Tester is extremely results-oriented, with a sense of urgency to complete projects quickly. He is forward-looking, aggressive and competitive. His vision for results is one of his positive strengths. He likes to be forceful and direct when dealing with others. His desire for results is readily apparent to the people with whom he works. He embraces visions not always seen by others. Tester's creative mind allows him to see the "big picture." Tester is often frustrated when working with others who do not share the same sense of urgency. He prefers an environment with variety and change. He is at his best when many projects are underway at once. He can be aggressive and direct, but still be considerate of people. Other people realize that directness is one of his great strengths. He has high confidence in himself and may be viewed by some as egotistical. Many people see him as a self-starter dedicated to achieving results. He may lose interest in a project once the challenge ceases. He may then be ready for another challenging project.

Tester is a good problem solver and troubleshooter, always seeking new ways to solve old problems. Sometimes he may be so opinionated about a particular problem that he has difficulty letting others participate in the process. He has the unique ability of tackling tough problems and following them through to a satisfactory conclusion. When faced with a tough decision, he will try to sell you on his ideas. Tester should realize that at times he needs to think a project through, beginning to end, before starting the project. Sometimes he becomes emotionally involved in the decision-making process. He has the ability to make high-risk decisions, but sometimes should seek counsel before acting. He will work long hours until a tough problem is solved. After it is solved, Tester may become bored with any routine work that follows.

Tester likes people who present their case effectively. When they do, he can then make a quicker assessment or decision. He tends to be intolerant of people who seem ambiguous or think too slowly. He may lack the patience to listen and communicate with slower-acting people. He challenges people who volunteer their opinions. Tester may lose interest in what others are saying if they ramble or don't speak to the point. His active mind is already moving ahead. His creative and active mind may hinder his ability to communicate to others effectively. He may present the information in a form that cannot be easily understood by some people. He tends to influence people by being direct, friendly and results-oriented. He may sometimes mask his feelings in friendly terms. If pressured, Tester's true feelings may emerge.



## KEYS TO COMMUNICATION

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***Below are the statements you chose that you felt best described how you like others to communicate with you; statements that made you say, "Wow, that is me," and that you want to share with your partner.***

- ☒ Allow time to ask questions.
- ☒ Provide personal support and assurance.
- ☒ Move casually, informally.
- ☒ Support ideas for change with facts, figures and logic.
- ☒ Find areas of common interest and involvement.
- ☒ Work to achieve mutual satisfaction.
- ☒ Take time during explanations.
- ☒ Patiently draw out personal interests.
- ☒ Be responsive toward ideas and commitments.
- ☒ Start with a personal comment to "break the ice."



## BARRIERS TO COMMUNICATION

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***Below are the statements you chose that you felt best described how you do not like others to communicate with you; statements that made you say, "Wow, that is me," and that you want to share with your partner.***

- ☒ **Don't leave with a feeling of no support.**
- ☒ Don't manipulate or bully into agreement.
- ☒ Don't push too hard, or be unrealistic with expectations. Don't push too hard, or be unrealistic with expectations. Don't push too hard, or be unrealistic with expectations.
- ☒ Don't talk in a loud voice or use confrontation.
- ☒ Don't force a response quickly.
- ☒ Don't rush into the decision-making process.
- ☒ Don't keep deciding; give time to make decisions.
- ☒ Don't be self-centered or demanding.
- ☒ Don't make promises.
- ☒ Don't be rude, abrupt or rushed in your conversation.