

# Personality:

## A person's characteristics or qualities



God formed us in our mother's womb - He knew who we would be before our creation! (Psalm 13:14-15) He created us with a certain bent - a temperament that becomes a big part of our personality and who we are as a person and we are *all* different! Our differences tend to draw us together as a couple before marriage, but tend to drive us apart after we are married. It isn't really our differences driving us apart, but our lack of knowledge and acceptance of each other as God created us. The Proverbs tell us to train our children *according to their bent*, but often people try to conform their children (and their spouses) to their own temperament or personality.

There are many different ways to look at personality today; it seems that different personality classifications are promoted on a regular basis. There are the DISC, Meyer-Briggs, Colors, blood type, the numbers of the Enneagram - *many* ways to look at personality. We like John Trent and Gary Smalley's version using animals because they are so descriptive and easy to remember. There is the *Lion*; the take charge, do it now person. The *Otter*; outgoing, do it the fun way person. The *Beaver*; the analytical, do it the right way person. And the *Golden Retriever*; the caring, do it the easy way person. We are all a combination of traits making everyone unique and our environment and decisions we make will affect our personality.

Understanding personality isn't about putting people into a box, but helping us to understand who we are and why we have certain tendencies. Before understanding this, my wife thought I was broken because I wasn't a caring, nurturing person. Now she knows this is how I tend to be and she is more accepting of me as a person. My understanding of my personality causes me to work at being more patient, caring, and nurturing. We very often marry someone very different than ourselves and usually become frustrated because of those differences. We will grow better together as a couple when we understand our differences and seek to use those differences to meet the challenges of life.

Do you know your personality type? Your spouse's? Your children's? Understanding personality will help you get along better with *all* of those you are in relationship with. Take some time to learn about personality and use that knowledge to improve your relationships.

**Helpful Resources:** *Fortified Marriages Personality page:* [www.fortifiedmarriages.com](http://www.fortifiedmarriages.com)

This page has a lot of great resources and links to help you understand personality. We also have a Youtube video explaining personality.

The *Fortified Marriages Manual and Workbook* is a great tool to help couples grow in their marriage relationship. This book will help you understand you and your spouse's differences and utilize those differences to strengthen your marriage.