

# PERSONALITY DIFFERENCES

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## WORKSHEET #7

"The main characteristic of severely dysfunctional families is their low tolerance for differences." – Lasswell Lobenz

"How do two eccentric, energetic people live together? With humor or not at all."  
- Jourard

"There is no such thing as a good or bad personality trait."

"Your opposite describes what you do least well. It is the least developed side of you." – G. Lawrence

"Bridge and grow: Meet half way."

### QUESTIONS TO PONDER

#### About Myself:

- How well do I know myself?
- Am I a thinker or a doer?
- Am I organized or unorganized?
- A detail person or holistic person?
- Emotional or intellectual?
- Sociable or loner?
- What are the positive and negative aspects to my personality as suggested by my traits?
- What negative aspect most needs my attention?

#### In Relation to My Spouse:

- How are my spouse and I opposite?
- Can I accept our differences with humor and tolerance – even appreciation?
- Which of my spouse's personality traits are most opposite of mine and cause the most trouble between us?
- Where does this suggest I need to "stretch?"

### SUGGESTED EXERCISE

Keep track of personality traits you notice about your spouse. If they seem to be negative, ask yourself, "What are the positive aspects of this trait that I may be overlooking?" Also ask, "Is his/her strength my weakness?" Then ask, "What does this suggest I most need to develop in myself?"