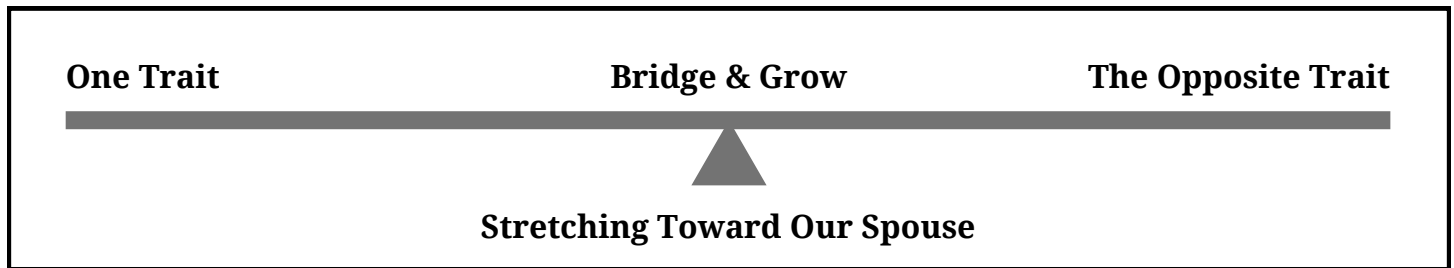


LESSON 7:

Personality Differences



“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 halfway.”

TOOLS FOR YOUR TOOLBOX

Scripture Notations:
Personality
Differences p. 45

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?”

QUESTIONS TO PONDER

Self:

- How well do I know myself?
- Am I a thinker or a doer?
- Am I organized or unorganized?
- Am I a detail person or holistic person?
- Am I emotional or intellectual?
- Am I sociable or a 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”?