

# 1 THE IMPROVER

*I want things to be right.*



**STRENGTHS**

- Principled
- Responsible
- Trustworthy
- Hardworking
- Committed to growth

**POTENTIAL CHALLENGES**

- Critical of self and others
- Struggles to relax
- Sees flaws more than strengths
- Holds grudges


**IN MARRIAGE & COMMUNICATION**  
 You bring stability and high standards. Practice grace, encouragement, and celebrating progress, not just pointing out what's wrong.

**SPIRITUAL GROWTH** | "There is now no condemnation for those who are in Christ Jesus." – Romans 8:1

# 2 THE HELPER

*I want to be loved and needed.*



**STRENGTHS**

- Caring
- Generous
- Empathetic
- Encouraging
- People-focused

**POTENTIAL CHALLENGES**

- Puts others' needs first
- Seeks appreciation
- Struggles to say no
- Feels hurt when unappreciated


**IN MARRIAGE & COMMUNICATION**  
 You bring warmth and unconditional love. Share your needs clearly and receive love without feeling you must earn it.

**SPIRITUAL GROWTH** | "We love because He first loved us." – 1 John 4:19

# 3 THE ACHIEVER

*I want to succeed and make an impact.*



**STRENGTHS**

- Driven
- Goal-oriented
- Adaptable
- Motivating
- Resourceful

**POTENTIAL CHALLENGES**

- Measures worth by success
- Works too hard
- Avoids vulnerability
- Neglects emotional needs


**IN MARRIAGE & COMMUNICATION**  
 You bring vision and momentum. Slow down, be present, and value connection as much as accomplishment.

**SPIRITUAL GROWTH** | "What good is it for someone to gain the whole world, yet forfeit their soul?" – Mark 8:36

# 4 THE INDIVIDUALIST

*I want to be known and understood.*



**STRENGTHS**

- Authentic
- Creative
- Deeply feeling
- Compassionate
- Insightful

**POTENTIAL CHALLENGES**

- Focuses on what's missing
- Compares and idealizes
- Withdraws when hurt
- Mood-sensitive


**IN MARRIAGE & COMMUNICATION**  
 You bring depth and meaning. Practice gratitude, stay connected, and look for beauty in the everyday moments.

**SPIRITUAL GROWTH** | "I praise You because I am fearfully and wonderfully made." – Psalm 139:14

# 5 THE INVESTIGATOR

*I want to understand and be prepared.*



**STRENGTHS**

- Analytical
- Wise
- Thoughtful
- Observant
- Independent

**POTENTIAL CHALLENGES**

- Withdraws emotionally
- Overthinks
- Protects time and privacy
- Struggles to share feelings


**IN MARRIAGE & COMMUNICATION**  
 You bring wisdom and perspective. Share your thoughts and feelings earlier and let your spouse into your world.

**SPIRITUAL GROWTH** | "Trust in the Lord with all your heart." – Proverbs 3:5

# 6 THE LOYALIST

*I want security and trust.*



**STRENGTHS**

- Loyal
- Responsible
- Reliable
- Committed
- Protective

**POTENTIAL CHALLENGES**

- Worries about the future
- Seeks too much assurance
- Doubts self
- Overanalyzes risks


**IN MARRIAGE & COMMUNICATION**  
 You bring loyalty and dedication. Trust God, communicate concerns with grace, and choose courage over fear.

**SPIRITUAL GROWTH** | "For God has not given us a spirit of fear, but of power and love and a sound mind." – 2 Tim. 1:7

# 7 THE ENTHUSIAST

*I want freedom and joy.*



**STRENGTHS**

- Optimistic
- Energetic
- Creative
- Adventurous
- Encouraging

**POTENTIAL CHALLENGES**

- Avoids difficult emotions
- Easily distracted
- Overcommits
- Seeks the next exciting thing


**IN MARRIAGE & COMMUNICATION**  
 You bring fun and enthusiasm. Stay present, follow through, and allow space for deeper emotions.

**SPIRITUAL GROWTH** | "Be still, and know that I am God." – Psalm 46:10

# 8 THE CHALLENGER

*I want strength and protection.*



**STRENGTHS**

- Strong leader
- Courageous
- Determined
- Honest
- Protective

**POTENTIAL CHALLENGES**

- Controls or dominates
- Struggles with vulnerability
- Intimidates others
- Has a hard time softening


**IN MARRIAGE & COMMUNICATION**  
 You bring strength and protection. Practice gentleness, listen well, and share your heart.

**SPIRITUAL GROWTH** | "God's power is made perfect in weakness." – 2 Cor. 12:9

# 9 THE PEACEMAKER

*I want harmony and connection.*



**STRENGTHS**

- Peaceful
- Patient
- Accepting
- Supportive
- Good mediator

**POTENTIAL CHALLENGES**

- Avoids conflict
- Disagrees to keep peace
- Forgets own needs
- Can be passive


**IN MARRIAGE & COMMUNICATION**  
 You bring calm and understanding. Speak up about what you need and pursue peace without avoiding truth.

**SPIRITUAL GROWTH** | "Speak the truth in love." – Ephesians 4:15