

# Knowing Each Other



# What are we going to talk about?

- Personality Types
- Love Languages
- Families of Origin



# What are today's goals?

1. To ensure understanding
2. To create/cultivate self-awareness
3. To organize and strengthen your relationship
4. To look ahead to communication



# Personality Types



# What are some personality types?

- Analysts
- Diplomats
- Sentinels
- Explorers



# Analysts

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ARCHITECT



LOGICIAN



COMMANDER



DEBATER

# Diplomats



ADVOCATE



MEDIATOR



PROTAGONIST



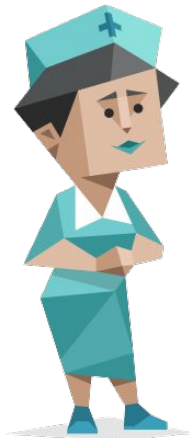
CAMPAIGNER



# Sentinels



LOGISTICIAN



DEFENDER



EXECUTIVE



CONSUL



# Explorers



VIRTUOSO



ADVENTURER



ENTREPRENEUR



ENTERTAINER

# Let's discuss...

1. Which personality type do you think you are?
2. Which personality type do you think your significant other is?
3. Why do you think knowing/understanding your personality types is important?



# “Homework” Time!

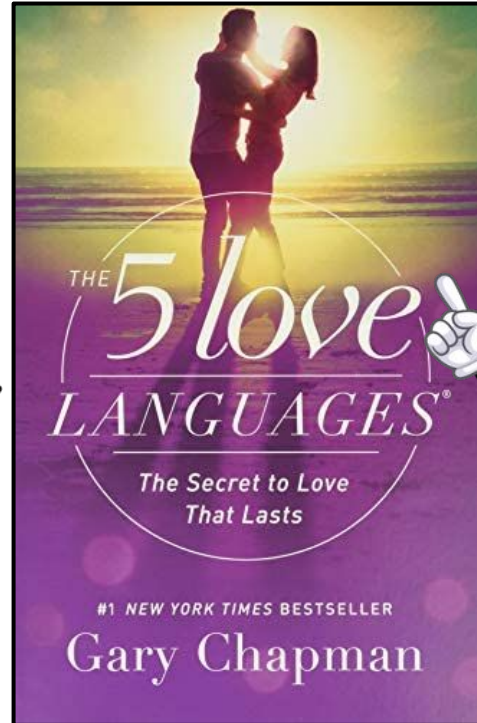
1. Go to [16personalities.com](https://www.16personalities.com) and take the personality quiz!
2. Write down your personality type.
3. Read the profile and find:
  - 3 strengths
  - 3 weaknesses
  - 3 facts about the impact of your personality type on romantic relationships

# Love Languages



# What are the love languages?

- Words of Affirmation
- Quality Time
- Physical Touch
- Acts of Service
- Receiving Gifts



# Words of Affirmation



## COMMUNICATE

encourage

affirm

appreciate

listen actively

## ACT

unexpected  
notes/texts/cards

## AVOID

non-constructive  
criticism

not recognizing/  
appreciating effort

# Quality Time



## COMMUNICATE

uninterrupted/  
focused  
conversations

one-on-one time

## ACT

create special  
moments

take walks

weekend getaways

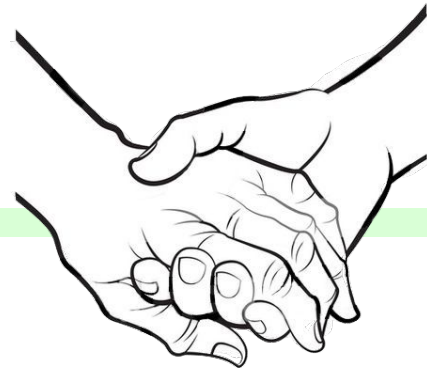
## AVOID

distractions when  
together

long stints without  
one-on-one time



# Physical Touch



## COMMUNICATE

non-verbal body  
language and touch

## ACT

hug  
kiss  
hold hands  
cuddle

## AVOID

physical  
abuse/neglect  
receiving physical  
affection coldly

# Acts of Service



## COMMUNICATE

action phrases  
expressing a desire  
to help/lighten the  
load

reassurance of  
partnership

## ACT

make a meal  
go out of the way to  
assist with daily  
chores

## AVOID

making the requests  
of others higher  
priority

lacking to  
follow-through

# Receiving Gifts



## COMMUNICATE

thoughtfulness  
make your  
significant other a  
priority  
speak purposefully

## ACT

thoughtful gifts and  
gestures  
express gratitude  
when receiving a gift

## AVOID

forgetting special  
occasions  
unenthusiastic gift  
giving

# Let's discuss...

1. What is your love language?
2. What is your significant other's love language?
3. In what way has your significant other filled your "love tank?"
4. What is one way that you could fill your significant other's "love tank?"



# Family of Origin



# Family of Origin:

(n.) the family one grew up in; the place that people typically learn to become who they are



# Why does it matter?

- Key to understanding why you do what you do
- Knowing your significant other's background is essential to knowing one another
- Past experiences (positive or negative) and learned behaviors fuel our present feelings/emotions
- Identifying the connection between a past painful event/situation can help to develop a new and healthy responses



# What are some “red flags?”

SUBSTANCE ABUSE

PRIDE

EMOTIONAL ABUSE

GAMBLING

WORKAHOLICS

ANGRY OUTBURSTS

SEXUAL ADDICTIONS

ALCOHOLISM

PHYSICAL ABUSE

VERBAL ABUSE

PROCRASTINATION

EXCESSIVE TALKING



AVOIDANCE

UNFAITHFULNESS

SEXUAL ABUSE

REBELLION

RACISM

EXCESSIVE SPENDING

CRITICALLY SPIRITED

TELEVISION/COMPUTER  
ADDICTIONS

# Pastor Caleb Swartz

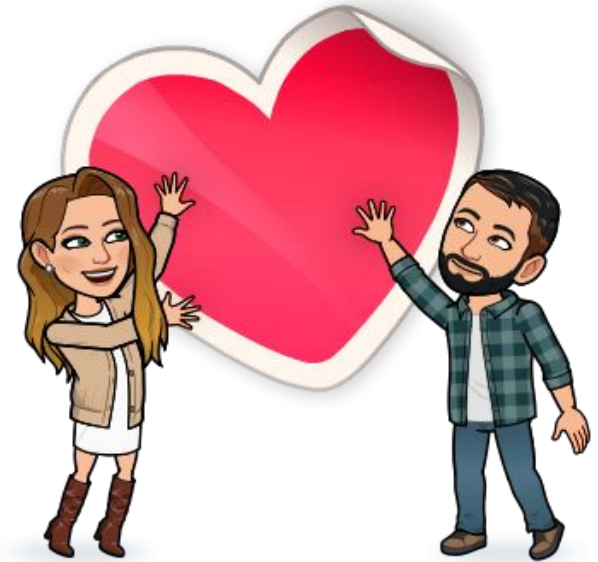
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# How can you break the cycle?

1. Recognize the tendency in your own life.
2. Take responsibility and admit it.
3. Forgive your parents (or guardians) for their iniquity.
4. Ask God to help you change.
5. Find someone who will keep you accountable.



# Couples Assignment

P. 40-41



# Individual Reflection

P. 42



# Let's discuss...

1. What is your family of origin like?
2. What are some things you learned from your family of origin that you would like to continue?
3. Is there anything you learned from your family of origin that you would like to change/eliminate?
4. As a couple, decide on one word you want to use to describe your "family of destination."

# Sources

- Personality Types <https://www.16personalities.com/>
- Love Languages <https://www.5lovelanguages.com/>  
<https://fiercemarriage.com/how-to-speak-your-spouses-love-language-what-to-avoid>  
<https://www.creativesolutionsonline.org/love-languages-summary/>
- Family of Origin <https://www.goodtherapy.org>