

Personality Differences

By Susan Vogt



Is it better for friends (or a married couple) to be alike, as in birds of a feather flock together? Or is it better to be different, i.e. opposites attract. The answer is, "Yes." Learn the pros and cons of each by taking a personality audit.

For

Adult / Couple

Season

Fall

Needed

Your spouse, or another person who you are close enough too that you notice your differences.

Prepare in Advance

- Although this activity can be done solo (with just keeping your beloved or good friend in mind) it will work best when done with another person.
- Print out the Personality Audit found at:
<http://foryourmarriage.org/dating-engaged/marriage-readiness/personality-audit/>

Activity Plan.

1. Calm yourself and say an opening prayer such as:

Dear God, you probe me and you know me. Help me to understand myself better and how those dear to me can differ from me and still not be wrong. Amen.

OR [Psalm 139:1-3, 23](#)

O Lord, you have searched me and known me.
You know when I sit down and when I rise up; you discern my thoughts from far away.
You search out my path and my lying down, and are acquainted with all my ways....
Search me, O God, and know my heart; test me and know my thoughts.

2. The Personality Audit was originally developed for engaged couples but it works equally well for spouses or close friends. Circle the word (or phrase) that most closely fits you in each row. Then follow the instructions to identify your strongest personality style.
3. If doing this with another person, compare your similarities and differences and how this might support or challenge your relationship. It's OK to disagree with the results. The important thing is to use it as a tool to discuss how your differences do not make one of you better than the other, just



different. It's like being blue eyed or brown eyed. Neither is better, you are just different. Sometimes in marriage (or friendships) it helps to be alike since it reduces conflict. There are other times, however, when it is a strength to be different such as

- one of you may be good at details and the other good at seeing the big picture.
 - one of you may like to meet new people; the other may feel more comfortable with a group of close friends.
 - one of you may bring humor to the relationship; the other a task orientation that helps you get things done.
4. Discuss how your similarities and differences can help you both look at each other, co-workers, your children, neighbors, and even people you don't like, with less judgmental eyes.

Note: The Personality Audit is based on a variety of personality inventories with roots in Hippocrates' four humors and later developed by Myers-Briggs and many other psychological researchers.

