



# ENCOUNTER WITH SELF

Marriage Preparation

## I AM A SPECIAL GIFT TO MY PARTNER.

The best gift I can give to the person I want to spend my life with is myself. Others can give material possessions, security, a clean house, good meals, and sexual satisfaction, but no one can top the best we can give to each other: Ourselves.

Sharing the gift of one's true self is not always easy. It may be difficult to reveal that sometimes we feel lonely, depressed, or uncertain, Acknowledging deep hurt can also be difficult; we may find it easier to hide real hurt under a cloak of defensive anger. It is hard at times to admit that we are not always who we want to be, that we fear being judged instead of being treated with tenderness and love, and that we fear being laughed at or misunderstood.

Because of these fears, we are often willing to settle for less than we can have. We settle for conversations about things, events, and other people instead of discovering the gift of each other. We talk about what we did or where we are going to go rather than who we are. But a growing marital relationship is not based on sharing the same tastes, opinions, or activities. It is based on a personal loving communion of a man and a woman revealed to one another in all their wonder.

Honest self-examination can be painful because we may have been trained to see ourselves as just ordinary. When we look inward we usually think "God does not make junk" seems to have an exception, or that after He was finished, we made a mess of His work.

It is easy to see our failures - easy to remember lost tempers, insensitivity to others, lies or disloyalty. It is important, and often strangely difficult to see when we have been gentle, the times of truthfulness and unselfishness.

Some of society's values make it difficult to discover and appreciate our true selves. Our culture says a person's worth is measured by achievement. From another perspective, personal worth and well-being spring from the minute-to-minute and day-to-day decisions we make about how to live our lives and treat one another.

Fill out the following questionnaire individually. Strive to be open and honest as you fill in your answers, and trust in your partner's love for you.

Three talents I have are:

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The three things I like best about myself are:

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I don't like myself when...

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Three personal needs that I hope will be fulfilled in my marriage are:

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A compliment I received recently about my physical appearance was...

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What did I say to the person who gave me the compliment, and how did I act?

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Did I believe I was worthy of this compliment and how did I feel inside?

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A compliment I received about something I had done was...

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What did I say to the person who gave me this compliment and how did I act?

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Did I believe I was worthy of this compliment? How did I feel inside?

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Remember to be loving when you exchange these questionnaires. You are giving each other a gift of yourself, not just a newsletter. After you have read each other's answers, use the answers as a starting point for deeper discovery of each other.



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## I'M OK, YOU'RE OK

People who consistently take an "I'm OK - You're OK" attitude are confident and mentally healthy. Because of their self-acceptance (I'm OK), they feel free to express themselves, to set realistic goals for themselves, and to achieve these goals. Because they accept others, (You're OK), they tend to get along well with people, to make many friends and few enemies. They are tolerant and flexible in their relationships. They live with a belief that "life is worthwhile."

Healthy self-esteem is absolutely essential to personal happiness and rich enjoyment of life. But genuine happiness is only possible to the degree that we accept and feel good about ourselves, imperfect and yet wholly loveable.

## HOW DO YOU AGREE ON YOUR STRENGTHS?

Read the following list and check eight words that best describe you. Then mark an X beside eight words that describe your partner. Share your results.

- |                                       |                                       |  |
|---------------------------------------|---------------------------------------|--|
| <input type="checkbox"/> Hard-working | <input type="checkbox"/> Forgiving    | <input type="checkbox"/> Cry easily    |
| <input type="checkbox"/> Capable      | <input type="checkbox"/> Honest       | <input type="checkbox"/> Moody         |
| <input type="checkbox"/> Neat, Tidy   | <input type="checkbox"/> Daring       | <input type="checkbox"/> Reserved      |
| <input type="checkbox"/> Courageous   | <input type="checkbox"/> Affectionate | <input type="checkbox"/> Quiet         |
| <input type="checkbox"/> Shy          | <input type="checkbox"/> Optimistic   | <input type="checkbox"/> Night Person  |
| <input type="checkbox"/> Pessimistic  | <input type="checkbox"/> Emotional    | <input type="checkbox"/> Restless      |
| <input type="checkbox"/> Steady       | <input type="checkbox"/> Considerate  | <input type="checkbox"/> Old-Fashioned |
|                                       | <input type="checkbox"/> Fun-Loving   |  |



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## IDENTIFY YOUR PERSONALITY TYPE

**Step one:** In each of the four sections below are two columns describing extreme and opposite ways of dealing with one's environment. Study each column in each section carefully. Try to imagine the kind of person each column describes. Perhaps you will be reminded of yourself or of a friend in some of the columns.

**Step two:** Looking at each pair of ideas, choose the one that you feel more adequately fits you. Do not be influenced by what you wish you were like or feel you ought to be like. Mark the block closer to the side that you believe describes you more realistically. Try hard to find which side you prefer, but if you cannot decide, mark the middle block.

EXTREMES			OPPOSITES			
Laugh	<input type="checkbox"/>	<input type="checkbox"/>	Blush	<input type="checkbox"/>	<input type="checkbox"/>	Recognize
Casual Clothes	<input type="checkbox"/>	<input type="checkbox"/>	Fastidious dresser	<input type="checkbox"/>	<input type="checkbox"/>	Take time to study
Playboy	<input type="checkbox"/>	<input type="checkbox"/>	Wallflower	<input type="checkbox"/>	<input type="checkbox"/>	Non-committal
Take no offense	<input type="checkbox"/>	<input type="checkbox"/>	Easily hurt	<input type="checkbox"/>	<input type="checkbox"/>	Many irons in fire
Talkative	<input type="checkbox"/>	<input type="checkbox"/>	Reserved	<input type="checkbox"/>	<input type="checkbox"/>	Flexible
Work with others	<input type="checkbox"/>	<input type="checkbox"/>	Like working alone	<input type="checkbox"/>	<input type="checkbox"/>	Understand life
Athletic	<input type="checkbox"/>	<input type="checkbox"/>	Academic	<input type="checkbox"/>	<input type="checkbox"/>	Adjust to
Confident	<input type="checkbox"/>	<input type="checkbox"/>	Vulnerable	<input type="checkbox"/>	<input type="checkbox"/>	Enjoyment
Volatile	<input type="checkbox"/>	<input type="checkbox"/>	Steady	<input type="checkbox"/>	<input type="checkbox"/>	Observant
Active	<input type="checkbox"/>	<input type="checkbox"/>	Reflective	<input type="checkbox"/>	<input type="checkbox"/>	Flexible
Popular	<input type="checkbox"/>	<input type="checkbox"/>	Intimate	<input type="checkbox"/>	<input type="checkbox"/>	Theory
Hearty	<input type="checkbox"/>	<input type="checkbox"/>	Quiet	<input type="checkbox"/>	<input type="checkbox"/>	Let's discuss it
Executive	<input type="checkbox"/>	<input type="checkbox"/>	Scholar	<input type="checkbox"/>	<input type="checkbox"/>	Resource person

Your E score   Your I score

Your J score   Your P score

EXTREMES			OPPOSITES			
Routine	<input type="checkbox"/>	<input type="checkbox"/>	Change	<input type="checkbox"/>	<input type="checkbox"/>	Emotional
Use old skills	<input type="checkbox"/>	<input type="checkbox"/>	Learn new skills	<input type="checkbox"/>	<input type="checkbox"/>	Please people
Systematic	<input type="checkbox"/>	<input type="checkbox"/>	Spontaneous	<input type="checkbox"/>	<input type="checkbox"/>	Needs approval
Meticulous	<input type="checkbox"/>	<input type="checkbox"/>	Impulsive	<input type="checkbox"/>	<input type="checkbox"/>	Compromise
Realities	<input type="checkbox"/>	<input type="checkbox"/>	Possibilities	<input type="checkbox"/>	<input type="checkbox"/>	Diplomat
Observant	<input type="checkbox"/>	<input type="checkbox"/>	Imaginative	<input type="checkbox"/>	<input type="checkbox"/>	Sympathetic
Present	<input type="checkbox"/>	<input type="checkbox"/>	Future	<input type="checkbox"/>	<input type="checkbox"/>	Persuasive
Follows through	<input type="checkbox"/>	<input type="checkbox"/>	Impatient to get on	<input type="checkbox"/>	<input type="checkbox"/>	"Wishy-washy"
Encyclopedic	<input type="checkbox"/>	<input type="checkbox"/>	Creative	<input type="checkbox"/>	<input type="checkbox"/>	Cares for the past
Inspect	<input type="checkbox"/>	<input type="checkbox"/>	Invent	<input type="checkbox"/>	<input type="checkbox"/>	Teach
Fine print	<input type="checkbox"/>	<input type="checkbox"/>	Great ideas	<input type="checkbox"/>	<input type="checkbox"/>	Sales
Production	<input type="checkbox"/>	<input type="checkbox"/>	Design	<input type="checkbox"/>	<input type="checkbox"/>	Warm hearted
Facts	<input type="checkbox"/>	<input type="checkbox"/>	Concepts	<input type="checkbox"/>	<input type="checkbox"/>	Sympathize
Concrete	<input type="checkbox"/>	<input type="checkbox"/>	Abstract	<input type="checkbox"/>	<input type="checkbox"/>	Peacemaker

Your S score   Your N score

Your T score   Your F score

**Step Three:** Total the number of marked blocks in the outside columns of each section. Disregard the center blocks. Write the totals at the bottom, which reveals your score for each letter. If there is a tie, write the letter on the left of each pair.

I-E	S-N	T-F	J-P



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**Step Four:** Circle the letter in each pair below that has your highest score:

I (Introverting) or -E (Extroverting)    T (Thinking) or -F (Feeling)  
S (Sensing) or -N (iNtuiting)        J (Judging) or -P (Perceiving)

Read the descriptions below that match your letter to see if they sound like you.

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## **E (EXTROVERTING)**

Oriented to outer world  
Often good at dealing with people  
Speaking, speaking, speaking - then maybe thinking  
Need to talk to know what they are thinking or feeling  
Willing to risk, learn by trial and error  
Recharge energy by being involved with outside world  
Like variety and activity  
May tend to be impulsive and impatient

## **I (INTROVERTING)**

Oriented to the inner world  
Enjoy solitude and need quiet for concentration  
Can work a long time, are careful, and happy to work alone  
Think, think, think and maybe speak  
Have high privacy needs, so respect others' space, belongings, etc.  
Recharge their energies by being alone and quiet  
Uncomfortable in large groups  
Tend to think less is better  
Fear making mistakes, so dislike risk taking

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## **S (SENSING)**

Perceive with the senses, valuing facts and concrete details  
Like repetition, uncomfortable with change or innovation  
See reality and accept it, value practicality.  
Live in the present moment, but value tradition  
Good at precise work with step-by-step procedures  
Good at persevering  
Uncomfortable with complexity and abstract thinking

## **N (INTUITING)**

Perceive diffusely in patterns or associations  
Concerned with meaning, implications, and possibilities  
Value innovation, creativity and imagination  
Oriented to the future  
Comfortable with complexity and change  
Bored by detail, practicality, and repetition  
Enjoy variety, and may not persevere once challenge gone  
Follow inspirations good or bad

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## **T (THINKING)**

Make decisions based on logical analysis of objective data  
Value truth and justice  
Good at seeing cause and effect relationships  
Firm minded, skeptical and critical  
Can confront  
Uncomfortable with emotions (own and others)  
Can be insensitive to others' feelings and wishes  
Not good at affirming others

## **F (FEELING)**

Make decisions based on subjective personal values  
Value people and relationships  
Value kindness, compassion and harmony  
High need for affirmation, warmth, approval (Also good at these)  
Sensitive to feelings and motives  
Dislike confrontation, may seek peace at any price

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## **J (JUDGING)**

Use thinking or feeling judgement outwardly  
Goal oriented and decisive  
Like organization and planning  
Value productivity and achievement  
May prejudge situations and people  
May move to closure too quickly and be inflexible

## **P (PERCEIVING)**

Use sensing or intuition outwardly  
Like having situations open ended, go with the flow  
Curious and interested, adaptable and open minded  
Lighthearted  
Tendency to procrastinate and resist closure  
May get over-committed and not finish projects





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Find the four letters of your description and read that description. Does it sound like you? Exchange with your partner and read each other's.

## TYPES PREFERRING INTROVERSION AND SENSING

### ISTJ

Serious, quiet, earn success by concentration and thoroughness. Practical orderly, matter-of-fact, logical, realistic, and dependable. See to it that everything is well organized. Take responsibility. Make up their own minds as to what should be accomplished and work toward it steadily, regardless of protests or distractions.

### ISFJ

Quiet, friendly responsible, and conscientious. Work devotedly to meet their obligations. Lend stability to any project or group. Thorough, painstaking, accurate. Their interests are usually not technical. Can be patient with necessary details. Loyal, considerate, perceptive, concerned with how other people feel.

### ISTP

Cool onlookers - quiet, reserved, observing and analyzing life with detached curiosity and unexpected flashes of original humor. Usually interested in cause and effect. How and why mechanical things work, and in organizing facts using logical principles.

### ISFP

Retiring, quietly friendly, sensitive, kind, modest about their abilities. Shun disagreements, do not force their opinions or values on others. Usually do not care to lead but are often loyal followers. Often relaxed about getting things done, because they enjoy the present moment and do not want to spoil it by undue haste or exertion.

## TYPES PREFERRING INTROVERSION AND INTUITION

### INFJ

Succeed by perseverance, originality, and desire to do whatever is needed or wanted. Put their best efforts into their work. Quietly forceful, conscientious, concerned for others. Respected for their firm principles. Likely to be honored and followed for their clear convictions as to how best serve the common good.

### INTJ

Usually have original minds and great drive for their own ideas and purposes. In fields that appeal to them, they have a fine power to organize a job and carry it through with or without help. Skeptical, clinical, independent, determined, sometimes stubborn. Must learn to yield less important points in order to win the most important.

### INFP

Full of enthusiasms and loyalties, but seldom talk of these until they know you well. Care about learning, ideas, language, and independent projects of their own. Tend to undertake too much, then somehow get it done. Friendly, but often too absorbed in what they are doing to be sociable. Little concerned with possessions or physical surroundings.

### INTP

Quiet and reserved. Especially enjoy theoretical or scientific pursuits. Like solving problems with logic and analysis. Usually interested mainly in ideas, with little liking for parties or small talk. Tend to have sharply defined interests. Need careers where some strong interest can be used and useful.

For a more complete description refer to Isabel Briggs Myers, *Introduction to Type*, Consulting Psychologists Press, Inc. 577 College Avenue, Palo Alto, CA 94306



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## TYPES PREFERRING EXTROVERTING AND PERCEIVING.

### ESTP

Good at on-the-spot problem solving. Do not worry, enjoy whatever comes along. Tend to like mechanical things and sports, with friends on the side. Adaptable, tolerant, generally conservative in values. Dislike long explanations. Are best with real things that can be worked, handled, taken apart, or put together.

### ESFP

Outgoing, easygoing, accepting, friendly, enjoy everything and make things more fun for others by their enjoyment. Like sports and making things happen. Know what's going on and join in eagerly. Find remembering facts easier than mastering theories. Are best in situations that need sound common sense and practical ability with people as well as with things.

### ESTJ

Practical, realistic, matter-of-fact, with a natural head for business or mechanics. Not interested in subjects they see no use for, but can apply themselves when necessary. Like to organize and run activities. Many make good administrators, especially if they remember to consider others' feelings and points of view.

### ESFJ

Warm-hearted, talkative, popular, conscientious, born cooperators, active committee members. Need harmony and may be good at creating it. Always doing something nice for someone. Work best with encouragement and praise. Main interest is in things that directly and visibly affect people's lives.

## TYPES PREFERRING EXTROVERSION AND JUDGING

### ENFP

Warmly enthusiastic, high-spirited, ingenious, imaginative. Able to do almost anything that interests them. Quick with a solution for any difficulty and ready to help anyone with a problem. Often rely on their ability to improvise instead of preparing in advance. Can usually find compelling reasons for whatever they want.

### ENTP

Quick, ingenious, good at many things. Stimulating company, alert and outspoken. May argue for fun on either side of a question. Resourceful in solving new and challenging problems, but may neglect routine assignments. Apt to turn to one new interest after another. Skillful in finding logical reasons for what they want.

### ENFJ

Responsive and responsible. Generally feel real concern for what others think or want, and try to handle things with due regard for the other person's feelings. Can present a proposal or lead a group discussion with ease and tact. Sociable, popular, sympathetic. Responsive to praise and criticism.

### ENTJ

Hearty, frank, decisive, leaders in activities. Usually good in anything that requires reasoning and intelligent talk, such as public speaking. Are usually well informed and enjoy adding to their fund of knowledge. May sometimes appear more positive and confident than their experience in areas warrants.





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## TRAIT COMBINATIONS

Identify your combination of traits and then circle the combination. Talk about what the positives and negatives of this combination will be.

### EXTROVERTING (E) AND INTROVERTING (I)

You \_\_\_\_\_ Your mate \_\_\_\_\_

#### POSITIVES

E/E

Both like active lifestyle

Have frequent and fluent communication

E/I

Balance of energy expenditure

Talker has a listener

I/I

Respect need for privacy

#### NEGATIVES

Most energy put outside the relationship

Arguments escalate out of proportion

Need different recharge activities

Mismatched level of need for privacy

Mismatched speed of articulation when arguing

No initiator of either activity or intimacy

### SENSING (S) AND INTUITING (N)

You \_\_\_\_\_ Your mate \_\_\_\_\_

#### POSITIVES

S/S

Nitty gritty gets done

Accept reality (including each other)

Stability

S/N

Balance of idealism and realism

Balance of innovating and persevering

N/N

Shared dreams

Both stimulated by ideas and concepts

Open to change and growth

#### NEGATIVES

Weak at finding new solutions to problems

No long range view

Need same traditions

No shared interests

Speak very different languages

Nitty gritty neglected

No follow through

Tendency to idealize

Unrealistic expectation of spouse

by Eileen Norman



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## THINKING (T) AND FEELING (F)

You \_\_\_\_\_

Your mate \_\_\_\_\_

### POSITIVES

T/T

Shared clarity and objectivity  
Fairness as shared value

T/F

Complementary skills for problem solving  
Have noth consistency and enthusiasm

F/F

Positive emotions expressed  
Intimacy (if shared value system)

### NEGATIVES

Low skills in expressing and dealing with emotions  
Low affirmation/high criticism ratio

Feeler is unsupported emotionally  
Thinker doesn't respect feeler's subjective value judgements

Hard to resolve value conflicts  
Hurt from sensitivity and conflict unresolved due to need for harmony

## JUDGING (J) AND PERCEIVING (P)

You \_\_\_\_\_

Your mate \_\_\_\_\_

### POSITIVES

J/J

Order  
Planning  
Decisiveness

J/P

Balance: openness/decisiveness

P/P

Creativity  
Openness  
Spontaneity

### NEGATIVES

Closed mindedness  
Prejudging  
Inflexibility

Conflict between needs for order versus freedom, need for planning versus flexibility

No discipline  
Procrastination  
Over commit time and energies

by Eileen Norman