

# Heart to Heart

**Week Seven — Getting Along in a Family of Opposites;  
Normalizing the Differences of the Four Basic Personalities**

***Romans 12:16-18 (Amplified Bible)-- "Live in harmony with one another; do not be haughty (snobbish, high-minded, exclusive), but readily adjust yourself to [people, things] and give yourselves to humble tasks. Never overestimate yourself or be wise in your own conceits. Repay no one evil for evil, but take thought for what is honest and proper and noble [aiming to be above reproach] in the sight of everyone. If possible, as far as it depends on you, live at peace with everyone."***

"You will not be able to redesign the basic personality with which your child was born. Some characteristics are genetically programmed, and they will always be there ... My advice to you is to *accept, appreciate and cultivate* the personality with which your ... child was born." - **James Dobson**

***Proverbs 22:6 -- "Train up a child in the way he should go and when he is old he will not depart from it."***

**Webster's definition "bent"** = an individual tendency, disposition or inclination

Sherilyn's paraphrase of Proverbs 22:6 "Train up a child according to their natural bent, their individual tendencies and innate personality and when they are older, they will know who they are, why God made them and what purpose they have for living and loving the God who made them."

## **DISC Personality Types**

Domineering  
Influencing  
Steady  
Conscientious

## **Tim LaHaye or Florence Littauer Personality Types**

Choleric  
Sanguine  
Phlegmatic  
Melancholy

## Myers-Briggs Personality Types

Introvert - Extrovert

Sensing - Intuitive

Thinking - Feeling

Judging - Perceiving

## John Trent & Gary Smalley's, "The Treasure Tree"

Lion

Otter

Golden Retriever

Beaver

## Lion Personality

**Extrovert and \_\_\_\_\_-focused**

A Lion is also known as a choleric, a domineering "D" or a controlling/taking personality.

**Nickname:** \_\_\_\_\_

### **Characteristics:**

- Takes charge naturally, born to be a **leader**
- Desires above all to be **competent** and get results
- **Daring**, unafraid of new situations
- Feels natural to them to **tell others what to do**
- Welcomes a **challenge**
- Firm and **serious about what is expected**
- Prefers things to be done the **RIGHT way**
- **Goal** oriented
- **Energized by people**
- **Makes decisions** quickly
- Typically need to **process through goal setting**

## Tips for Balancing a Lion Personality:

- Seek God on how to temper your \_\_\_\_\_ .
- Learn to make communication \_\_\_\_\_ - \_\_\_\_\_.
- Practice being a better \_\_\_\_\_. Understand you can come across as if you are trying to \_\_\_\_\_ others.
- Although you are not naturally \_\_\_\_\_, work at being sensitive towards others and their feelings.
- Realize that life is not always \_\_\_\_\_ and \_\_\_\_\_.
- Recognize your high need to feel \_\_\_\_\_ but work at not being too \_\_\_\_\_.
- Seek opportunities to let others make the \_\_\_\_\_ .
- Humble yourself often before \_\_\_\_\_.

**"... the righteous are as bold as a lion." Proverbs 28:1**

## Parenting a Lion

- You will need the power of the Holy Spirit to temper their strong-will without breaking their spirit.
- Recognize they were born a leader by \_\_\_\_\_.
- Teach them to listen *before* they talk sometimes; don't allow them to \_\_\_\_\_ others or situations!
- Understand that they don't mean to \_\_\_\_\_ or hurt the feelings of other people.
- Make your \_\_\_\_\_ clear and explain "why".
- Accept that they are not naturally compassionate by nature; encourage them to consider \_\_\_\_\_ more important than \_\_\_\_\_ but don't force it on them.
- Let them make some of their own \_\_\_\_\_; it makes them feel valuable and significant.

**Life View:** \_\_\_\_\_!

**Affirm your Lion:**

## Otter Personality

**Extrovert and \_\_\_\_\_-focused**

An Otter is also known as a sanguine, an influencing "I", or a supporting/giving personality.

**Nickname:** \_\_\_\_\_

### **Characteristics:**

- **Life of the party**, without effort
- Desires above all to be **liked by ALL**
- **Flexible** and very aware of others, loves a crowd
- Feels natural to **perform**
- **Optimistic**, sees the good in everything/everyone
- **Talks A LOT**, often exaggerating the facts
- Prefers things to be **FUN**
- **People** oriented
- **Energized by people**
- **Impulsive** decision maker
- Typically, need to **process by talking**

### **Tips for Balancing an Otter personality:**

- Recognize your difficulty in \_\_\_\_\_ tasks, work toward completion.
- Realize your desire and need for variety and \_\_\_\_\_.
- Don't take on more than you can handle, learn to say \_\_\_\_\_.
- Learn to be more intentional about being \_\_\_\_\_.
- Seek out strategies for getting \_\_\_\_\_.
- Recognize your need to stay consistent in reading / studying the Word of God so you can live by \_\_\_\_\_, not be controlled by circumstances and thus, by your emotions.
- Seek out friends who enjoy \_\_\_\_\_ and having a good time!
- Take time to think about a \_\_\_\_\_, even buying something small.

**"A cheerful heart is good medicine!" Proverbs 17:22**

## Parenting an Otter

You will need the power of the Holy Spirit to temper their emotions without smothering their enthusiastic approach to life.

- Encourage and require them to \_\_\_\_\_ things that they start.
- Accept their sheer joy in \_\_\_\_\_ and making others happy, most often it is not prideful.
- Help them to not commit or offer to do more than they can \_\_\_\_\_ get done.
- Teach them the importance of being \_\_\_\_\_ but don't expect them to be.  
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- \_\_\_\_\_! \_\_\_\_\_! \_\_\_\_\_! They crave verbal affirmation.
- Understand they tend to be highly circumstantial, controlled by their circumstances and \_\_\_\_\_.

**Life View:** \_\_\_\_\_!

**Affirm your Otter:**

# Golden Retriever Personality

## Introvert and \_\_\_\_\_-focused

A Golden Retriever is also known as a phlegmatic, a steady "S" or an adapting/dealing personality.

**Nickname:** \_\_\_\_\_

## Characteristics:

- Very **stable** and **predictable**
- Desires above all to move **slowly and be sure of things**
- **Systematic**, level-headed and tenacious
- Feels natural to **help others** and be **empathetic** toward them
- **Loyal / faithful** to family and friends
- **Listens** carefully to others
- Prefers things to be **peaceful**, doesn't like anyone to argue
- **Peace oriented** (Everybody stay calm!)
- **Drained by people**
- **Procrastinates** in decision making
- Typically, needs to **process by thinking it through alone**

## Tips for Balancing a Golden Retriever Personality:

- Recognize your NEED for direct motivation, learn to set \_\_\_\_\_.
- Put forth effort for being more \_\_\_\_\_!
- Assert yourself in making \_\_\_\_\_ and stick to your decision.
- Don't get in the habit of ignoring your feelings; speak \_\_\_\_\_ to others in a kind way.
- Purposely take on new \_\_\_\_\_, preferably with someone who can and will help you.
- Intentionally offer to be \_\_\_\_\_ for things.
- Ask the Holy Spirit to help you \_\_\_\_\_ for \_\_\_\_\_!
- Recognize your innate resistance to \_\_\_\_\_ and make yourself try something \_\_\_\_\_ and uncomfortable once in awhile.

**"Blessed is the one who is kind to the needy." -- Proverbs 14:21**

## Parenting a Golden Retriever

- You will need the power of the Holy Spirit to temper their resistance to change without scaring them.
- Recognize their tendency to be \_\_\_\_\_ because they are so easy going.
- Don't expect \_\_\_\_\_ from them.
- Require them to make some of their own \_\_\_\_\_; but too many \_\_\_\_\_ in a short period of time will be overwhelming.
- Be cautious that they don't get \_\_\_\_\_ for everything; they can easily become the family scapegoat.
- Help them to express themselves to others, tell them what to \_\_\_\_\_.
- Encourage but don't force them to take on \_\_\_\_\_.

**Life View:** \_\_\_\_\_!

**Affirm your Golden Retriever:**

# Beaver Personality

## Introvert and \_\_\_\_\_-focused

A Beaver is also known as a melancholy, a conscientious "C" or a conserving/holding personality.

**Nickname:** \_\_\_\_\_

### Characteristics:

- **Dedicated** and **conscientious**
- Desires above all to be **helpful** and **prove their worth**
- **Pursues excellence** naturally
- Typically **neat** and tidy, noticing every **detail**
- Innate ability to **stick to a job** to its completion
- High need to **ask a lots of questions**
- Prefers things to be done as they always have been, **resists change**
- Detail oriented
- **Drained by people**
- **Agonizes over decisions**, wants it to be the right one
- Typically, need to **process by asking questions** and then making lists

### Tips for Balancing a Beaver Personality:

- Understand that you are highly sensitive and hurt easily, purpose to not take everything \_\_\_\_\_.
- Work at not having a \_\_\_\_\_ outlook and attitude.
- Learn to deal with disappointment and failure by not expecting \_\_\_\_\_ out of yourself, others or circumstances.
- Change your \_\_\_\_\_; learn to say what is \_\_\_\_\_, not what YOU think or feel.
- Although you are \_\_\_\_\_ by nature, learn good conversation and \_\_\_\_\_ skills.
- Intentionally be \_\_\_\_\_ once in awhile.
- Make yourself try \_\_\_\_\_ things and go into \_\_\_\_\_ situations.
- Allow yourself \_\_\_\_\_ to accomplish things.

**"All hard work brings a profit ..." Proverbs 14:23**

## Parenting a Beaver

You will need the power of the Holy Spirit to temper their moods without discouraging them.

- Understand that they are highly \_\_\_\_\_ and get their feelings hurt very easily.
- Encourage them to see the “bright side” as they are typically programmed with a \_\_\_\_\_ outlook.
- Help them learn to handle disappointment and \_\_\_\_\_ without letting it affect them in a profound way.
- Give them \_\_\_\_\_ to do things, rushing them frustrates them and makes them feel insecure.
- Accept that they often have a *need* for \_\_\_\_\_, provide it for them.
- Try to keep a reasonable family schedule; they crave the security of a \_\_\_\_\_.

**Life View:** \_\_\_\_\_!

**Affirm your Beaver:**

## Lion – Extrovert – Task Focused

Characteristics	Strengths	Weaknesses
Extrovert	Makes decisions quickly	Talks too much; interrupts
Able to accomplish much	Naturally takes charge	Over Reacts
Loves a challenge	Self-disciplined	Bossy
Daring and Brave	Good leader	Rebellious – always wants to do things their way
Many friends, doesn't need a best friend	Gets the job done	Doesn't always think about the feelings of others
Strong-willed	Accomplishes Goals	Competitive, Poor Loser

## Beaver – Introvert – Task-Focused

Characteristics	Strengths	Weaknesses
Introvert	Sticks to the job	Misses out on fun
Task focused	Good at performing but nervous	Very critical of self and others
Dedicated/conscientious	Self-conscious	Slow – has to do things the right way
Wants to be helpful	Organized, neat and tidy	Unsure of self, insecure
Doesn't like to be in charge	Very creative	Can be moody
One Best Friend	Pays attention to details	Selfish

## Otter – Extrovert – People Focused

Characteristics	Strengths	Weaknesses
Extrovert	Flexible	Impulsive
Life of the Party	Happy 99% of the Time	Interrupts Others
Loves to Perform	Has A lot of Energy	Lacks Self-discipline
Talks A lot	Can Perform without Nervousness	Doesn't Always Complete a Task
Loves People	Fun to be Around	Typically Very Late
Many Friends!	Makes Others Comfortable	Emotional Reactions

## Golden Retriever – Introvert – People Focused

Characteristics	Strengths	Weaknesses
Introvert	Good listener	Doesn't want to start or finish things
Moves/Processes slowly	Very loyal	Procrastinates
Loves to let others do the talking	Happy most of the time	Can be irresponsible
Likes others to make decisions	Very cooperative	Doesn't always see the importance of standing up for what's right
Easy to be around	Kind-hearted	Late
Peaceful	A Good Friend	Tends to be Lazy

# Personality Test

Personality assessments can help you understand your basic personality type. Many such tests are available. Here's a very simple one adapted from *The Two Sides of Love*, by Gary Smalley and John Trent. Using the four lists of words and phrases in the boxes below, circle the words in each list that describe you *most of the time*.

<b>Type 1</b>		<b>Type 2</b>	
Takes charge	Bold	Takes risks	Fun-loving
Determined	Purposeful	Visionary	Likes variety
Assertive	Decision Maker	Motivator	Enjoys change
Firm	Leader	Energetic	Creative
Enterprising	Goal-driven	Very verbal	Group-oriented
Competitive	Self-reliant	Promoter	Mixes easily
Enjoys challenges	Adventurous	Avoids details	Optimistic

<b>Type 3</b>		<b>Type 4</b>	
Loyal	Adaptable	Deliberate	Discerning
Non-demanding	Sympathetic	Controlled	Detailed
Even keel	Thoughtful	Reserved	Analytical
Avoids conflict	Nurturing	Predictable	Inquisitive
Enjoys Routine	Patient	Practical	Precise
Dislikes change	Tolerant	Orderly	Persistent
Deep relationships	Good listener	Factual	Scheduled

In which box did you circle the most words? \_\_\_\_\_

Although most people are a combination of two personality types, the box with the most words circled indicates your dominant type.