

Blank Personality Traits Chart

Put the word or first initial of the personality trait for yourself in the first blank column with your estimated score of 1 to 10 for that trait (1 being extremely mild, 10 being extreme). Then do the same for your spouse. Then in the last column note the advantages and disadvantages in your marriage based on your traits and score. Being the same can bring just as many challenges as being very different, and yet being different can also bring balance.

Hint: If your spouse isn't into this exercise, just do it by yourself – no one wants to be forced to do a personality test.

| PERSONALITY TRAIT | WIFE SCORE | HUSBAND SCORE | NOTE PROS AND CONS OF TRAITS/SCORE IN MARRIAGE |
|---------------------------------------|------------|---------------|--|
| INTROVERT / EXTROVERT | | | |
| SENSOR / INTUITIVE | | | |
| THINKER / FEELER | | | |
| STRUCTURED / UNSTRUCTURED | | | |
| INITIATOR / RESPONDER | | | |
| TASK ORIENTED / RELATIONSHIP ORIENTED | | | |