

- "The main characteristic of severely dysfunctional families is their low tolerance for differences." - Lasswell/Lobenz
- "How do two...eccentric, energetic people live together? With humor or not at all." - Jourard
- "There is no such thing as a good or bad personality trait."
- "Your opposite describes what you do least well. It is the least developed side of you." - G. Lawrence
- "Bridge and grow: Meet half way."

### **SUGGESTED EXERCISE:**

Keep track of personality traits you notice about your spouse. If they seem to be negative, ask yourself, "What are the positive aspects of this trait I may be overlooking?" Also ask, "Is his/her strength my weakness?" Then ask, "What does this suggest I most need to develop in myself?"

### **QUESTIONS TO PONDER**

#### ***SELF:***

How well do I know myself? Am I a thinker or doer? Am I organized or unorganized? A detail person or holistic person? Emotional or intellectual? Sociable or loner? What are the positive and negative aspects to my personality as suggested by my traits? What negative aspect most needs my attention?

#### ***IN RELATION TO MY SPOUSE:***

How are my spouse and I opposite? Can I accept our differences with humor and tolerance - even appreciation? What personality trait of my spouse's is most opposite of mine and causes the most trouble between us? Where does this suggest I need to "stretch?"

#### ***MY GOAL IS:***