

1. TEMPERAMENTS – EXTROVERT

S

PP of others who came in past or Arlo

S

BEFORE CLASS: take introvert/extrovert tests in notebook, page 9-11

S

PRAY

S

SING

S

He Knew My Name

S

Hosanna

S

Introduction of retreat: different from other years, not jut about husband/wife relationship
Either really good retreat – or real flop!

Still COMEDY – suggestions sent me by various people

S

TIM HAWKINS ON MARRIAGE

REKINDLE REFRESH REVIVE

S

PUT TOILET PAPER ON ROLL

3 - S

IMPORTANCE OF COMMUNICATION in marriage

SKIT BY PETER AND TERRY

S

HUSBANDS: HOW DID YOU MEET YOUR WIFE? WHAT WAS YOUR FIRST IMPRESSION?

S **BEFORE CLASS:** take introvert/extrovert tests in notebook, page 9-11

S **World's shortest personality test**

INTRODUCTION

S

When God started the church after Jesus' resurrection he needed someone to gently and lovingly fan a small spark until it took hold and grew large and strong, then the church was attacked by enemies without and apostates within. It took a strong person to stand against all those attacks and move the church forward.

Leader #1: Peter – sanguine/otter

Leader #2: Paul – choleric/lion

If other order disaster!

God made us different for different jobs at different times!

God chooses just who we will be and what we will be like

S Popeye "I am what I am."

S Factors which form character – at birth

S Factors which form character – after birth

S ***"Train up a child according to his way (bent) and when he is old he will not turn from it." Proverbs 22:6***

S **Temperament: inborn traits that subconsciously affect man's behavior**

Character: The real you ("soul") - mind, will & emotions

Personality: The 'face' we show to others

S **3 SEPARATE PEOPLE** see self, other see us, God see us

S **LOVE** self to love others

Can't love what don't know, so important to understand self

S Basically people divide into 2 temperament types: extroverts & introverts
(Use large poster to teach from)

'Extrovert' – turn himself inside-out to gain attention

S Extra – outside (Latin)

Vertere – turn (Latin)

EXTROVERTS INTROVERTS

S Optimists (Latin for 'best')	Pessimists Latin for 'worst')
S Sociable	Territorial
S Breadth	Depth
S External	Internal
S Make friends easily	Shy
Many Acquaintances	A few close friends
Fluent talker	Expresses self better in writing
Angry quickly	Fear, worry common
S Outgoing	Conservative
People-Person	Loner
Starts more than he finishes	Detail-oriented

ARE YOU AN INTROVERT OR AN EXTROVERT?

(quickly go over these, they are in their notebooks)

Which list feels more like you most of the time? Answers describe you as you *are*, not as you would like to be. Go with your first impression.

QUALITIES A

Like to be in the thick of things
Relish variety, bored with sameness
Know lots of people, consider them friends
Enjoy chitchatting, even with strangers
Feel stroked after activity, eager for more
Speak or act without needing to think first
Are generally quite peppy
Tend to talk more than listen

QUALITIES B

Prefer to relax alone or with a few close friends
Consider only deep relationships as friends
Need rest after outside activities, even ones you enjoy
Often listen but talk a lot about topics of importance to you
Appear calm, self-contained, and like to observe
Tend to think before you speak or act
Experience mind going blank in groups or under pressure
Don't like feeling rushed

You won't have all the qualities of either list, but one will fit better than the other
If A describes you best you're an extrovert
If B describes you best you're an introvert

QUICK TEST	
EXTROVERT	INTROVERT
In a crisis do you tend to move your body immediately, take action without even thinking?	In a crisis, do you feel shut down and somewhat detached and to respond in slow motion?

MORE DETAILED SELF ASSESSMENT TEST also in notebook to do

Take a few minutes to do now if they haven't done so

How many got 20-29 true? Very introverted
 10-19 true? In the middle
 1-9 true? Very extroverted

S INTROVERT - EXTROVERT

Affects all areas of your life and being

Introvert/extrovert is to your personality what male/female is to your body

No one right or wrong, no one better than other

Introvert not 'wrong' because quieter

Extroverts not 'right' because make friends easier

S *Introverts often think they are inferior to extroverts because quieter, harder to talk*

Extroverts think introverts are stuck up, insensitive because don't show emotion

Introverts wait until ext done talking to talk, but seldom opportunity

Ext interrupt int talking, not vice versa

UNSOCIABLE – extroverts feel introverts are holding back from them, thus unsociable

Introverts are just as social as extroverts, only in a different way

In fact, it could be said that extroverts don't really care about people themselves,

They just use them for their own stimulation

S Extroverts, introverts – QUESTIONS, OBSRVATIONS, etc.

(MORE INFORMATION IN NOTEBOOK for you introverts)

S EXTROVERTS – 2 temperaments

INTORVERTS – 2 temperaments

(many introverts also have some extrovert temperament secondary)

S MARK GUNGOR 4 countries

S **SANGUINE – Giggles Otter – Yellow – David - Influencer**

Works toward relating to people through verbal persuasion

S Giggles the **OTTER** – (sanguine)
What do you think of when you think of an otter?

SS Otters are among the most playful and sociable animals on earth.

S Tends to be quite active and noisy, particularly in groups.

SS Is most often observed creating a fun environment with others.

S Bright YELLOW like the sun
RESPOND TO ENVIRONMENT **CHANGING SILK (MAGIC)**

S FUN COUNTRY

S **FUN COUNTRY VIDEO**

S FUN COUNTRY

S **STRENGTHS**
Warm, outgoing
Friendly, loyal
Talkative
Carefree
Personable
Compassionate
Idealistic
Enthusiasm
Optimism
Emotional

S **WEAKNESSES**
selfish
loud
exaggerate
undisciplined
Weak-willed
Undependable
Egotistical
Restless

S **Responder**
+Friendly
+Talkative
-Weak will
-Changeable

S QUESTIONS, comments about Giggles (Sanguine)

S **SANGUINE DAVID (Mark)**

S tell story about David – all or part of his life
Friendly, everyone liked

Brothers jealous

S Close to Jonathan

S Sing, play music, write hymns

Like center of attention, clown, popular

S Respond to environment – attacked by lion, bear, fought right back

Warm, Outgoing

Quick to volunteer

Take food to brothers

Help Mephisboeth

Close, responsive to God

Enthusiastic

Quick to volunteer, speak

S S To fight Goliath

S Dance bringing Ark into Jerusalem

Lack self-control, discipline, changeable,

Weak-willed, unstable

S Jonathan lie to hide him

Lie to Philistines to hide out

Nabal – kill because angry

S Bathsheba – lack control

Lie about sin with Bathsheba, cover

Poor discipline of own children

S S Learned when older, raised Solomon to obey God, planned temple to be built

S Esther, Peter, Aaron, Saul, Rebekah, Barnabas, Abigail, Mary Magdalene

S Summary of Otter

S **Responder**

+Friendly

+Talkative

-Weak will

-Changeable

OTTER:

1. Talks a lot and tells wild stories.
2. Likes to do all kinds of fun things.
3. Enjoys being in groups. Likes to perform.
4. Full of energy and always eager to play.
5. Always happy and sees the good part of everything.

Who is an OTTER here?

Questions, discussion about otter/sanguine

CHOLERIC – Lance Lion – Red – Miriam - Dominant

- S** Lance **LION** –
What do you think of when you think of a lion?
- S** Among the most powerful of the cat family.
- S** Tends to roar when angry or announcing possession of its territory.
- S** Is very comfortable in an aggressive environment.
- S** Independent, not always very approachable, admitted but not loved
- S** hot RED like fire
STRONG WILL
- S** MARK GUNGOR 4 countries
- S** **CONTROL COUNTRY VIDEO**
- S** CONTROL COUNTRY
- S** **STRENGTHS**
Strong willed
Determined
Independent
Productive
Practical
Confident, decisive
Optimistic
Leaders
- S** **WEAKNESSES**
No peace
workaholics
domineering
inconsiderate
unemotional
cruel
anger
proud
Self-sufficient
- S** **Strong Will**
+Confident
+Determined
-Controlling
-Self-Sufficient
- S** QUESTIONS, comments about Lance (choleric)

S **CHOLERIC MIRIAM (Grace)**

SS Productive, goal oriented, dependable, determined
Watched baby Moses, brought Jocebed

Leader, Independent, decisive

S Led women worship Ex 15
Confident

'First Lady' for Moses

Self-sufficient, proud

Control, unsympathetic, cruel

Complain about Moses (no longer #1 lady) - leprosy

Not easy to work with, outspoken

Anger shown

Strong-willed, rebellious child

Need control

S Joseph (OT), Paul, Solomon, Rahab, Zipporah, Sarah, Lydia, Rachel, Martha

S Summary

S **Strong Will**

+Confident

+Determined

-Controlling

-Self-Sufficient

Lion:

1. Is daring and unafraid in new situations.
2. Likes to be a leader. Often tells others how to do things.
3. Ready to take on any kind of challenge.
4. Is firm and serious about what is expected.
5. Makes decisions quickly.

Who is a LION here?

Questions, discussion about lion/choleric?

S **SUMMARIZE EXTROVERT TEMPERAMENTS**

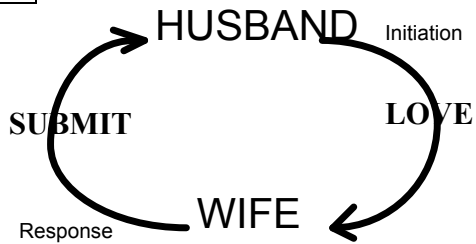
Questions, discussion about lion/choleric

CONCLUSION

S APPLY TO HUSBAND, WIFE for each temperament & need/duty

	MAN	WOMAN
NEED	PROVIDE, GUIDE	SECURITY, LOVE
DUTY	SACRIFICIAL LOVE	SUBMIT, RESPECT

S



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STRENGTHS OF EXTROVERT MEN IN SACRIFICIALLY LEADING?
STRENGTHS OF EXTROVERT WOMEN IN SUBMITTING, RESPECTING?

WEAKNESSES OF EXTROVERT MEN IN SACRIFICIALLY LEADING?
WEAKNESSES OF EXTROVERT WOMEN IN SUBMITTING, RESPECTING?

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Closing prayer

EXTROVERT	INTROVERT
75% of people (predominant or secondary)	25% of people (melphleg or phlegmel)

CHARACTERISTICS	
EXTROVERT	INTROVERT
Energized by the external world: activities, people, places, things	Draw energy from their internal world of ideas, emotions, impressions
Energy spenders	Energy conservers
Under stimulated by being alone, with just one other person, internal contemplation, etc.	Easily over stimulated by external world, feel it is 'too much'
The hare (rabbit)	The tortoise
BREADTH & DEPTH	
EXTROVERT	INTROVERT
Like breadth – many friends & experiences	Like depth – limited experiences but feel them deeply
Want to get all the stimulation they can	Limit experiences so can get all they can from what they do or study
Quickly grasp what's on the surface, then on to more	Slowly process, mull over and reflect on it, always going deeper
Vacation: 9 countries in 9 days	Vacation: 9 days in Smithsonian Institute

TALKING	
EXTROVERT	INTROVERT
Talk for talk's sake	Talk only to communicate
Talk and think at the same time	Think first, then talk
Don't like quiet spaces, fill with talk	Don't mind, enjoy quiet spaces
Quantity of words	Quality of words
Talk quickly	Talk slowly, pauses
Not as quick at or good at writing as talking	Better at writing than talking Uses different pathways in the brain, no stress of person present
Like talking on the phone	Dislike talking on the phone Interrupts line of thought, requires quick responses, not rewarding
Argue in a win-lose style – prove they are right	Argue in a win-win style – everyone get along

STIMULATION	
EXTROVERT	INTROVERT
Like much experience	Like to know a lot about what they experience

External stimulation needed, more leads to wanting even more	External stimulation quickly becomes too much (like tickling)
Enjoy the challenge of complexity for don't feel they have to do it all or do it right	Enjoy complexity when they can focus on one or 2 areas without pressure
Being around people energizes, motivates	Being around people quickly over stimulates, mind shuts down, must withdraw
Need refueling when feel under stimulated (studying)	Need refueling when feel over stimulated (around people)
Stimulated by socialization	Drained by socialization
Recharge rather quickly	Recharge rather slowly receptor sites at end of nerves are slow to re-uptake neurotransmitters

BRAIN FUNCTION	
EXTROVERT	INTROVERT
Talk quickly Use visual, auditory, touch and taste sensory processing occurs, and they are fast-acting pathways, short and less complicated	Talk slowly, pauses Word retrieval comes from long-term memory – takes longer, requires right association. Stress from speaking to others makes it harder
Not as quick at or good at writing as talking	Better at writing than talking Uses different pathways in the brain, no stress of person present
Neurotransmitters dopamine/adrenaline, energy-spending, sympathetic nervous system (shorter pathway)	Neurotransmitters acetylcholine, energy-conserving, parasympathetic nervous system (longer pathway)
Must learn to throttle down or will burn out	Must learn to throttle up or won't meet their potential
Like interruptions – stimulate	Dislike interruptions - distract
Do better in grade school and on exams	Do better in college and graduate school
Nonsense humor	Humor that resolves something incongruent

SCHOOLING	
EXTROVERT	INTROVERT
Become impatient and bored when the work is slow or repetitive	Like quiet for concentration
Appreciate and enjoy attention	Care about their work and work area (territorial of space, ideas, projects)
Are good at marketing themselves	May have trouble communicating
Like to be part of the majority opinion and feel isolated without lots of parental support	May seem quiet and aloof
Speak while they are thinking	Need to be asked for their opinions and ideas, know more than they reveal
Are attracted to other extroverts	Like to work on long complex problems, good attention to detail
Have excellent verbal skills, enjoy verbal jousting, ask many questions	Need to understand exactly why they are doing something
Enjoy phone calls and see interruptions as a welcome diversion	Dislike intrusions and interruptions
Respond quickly to requests and spring into	Need to think and reflect before speaking

action without much advance thinking	and acting
Develop ideas through interaction and discussion	Work alone contentedly
Like to physically move around a lot, prefer to be out and about	May be reluctant to delegate
Network well and socialize with others	Prefer to be alone rather than socialize
Keep track of everyone's business	May have trouble remembering names and faces

REFUELING	
EXTROVERT	INTROVERT
Must balance their doing with intervals of just being or lose selves in whirlwind of anxious activities	Must balance alone time with outside time or lose perspective and connections
like solar panel – must be out and about to refuel	like rechargeable battery – need to stop expending energy to recharge Takes longer for introvert to recharge, and uses energy faster So must pace self, conserve, etc. Day off before busy day of being and doing Take breaks during the day Me WV hard!!! – breaks, lunch, by self in front recharging. Then India 3 days later – spoke 30 times first 8 days, 26 hr train rides great
Knowledge & experience broad, shallow	Knowledge & experience narrow, deeper

BRAIN DOMINANCE	
affects how we process information and respond to the world	
LEFT BRAIN (most extroverts)	RIGHT BRAIN (most introverts)
Controls the right side of the body	Controls the left side of the body
Understanding, speech, reading, speaking	Emotions, imagination, intuition, humor and ideas
Using language, writing	Expressive arts – playing music, painting, drawing, creative writing
Understanding numbers, quantities and calculations	Assessing perspective
Logical thinking – problem solving based on facts	Recognizing patterns, shapes, faces and expressions
Analyze pros and cons before taking action Be neat and tidy, methodical, punctual Base decisions on facts, not on sentimentality Give concrete examples when describing something Think in terms of right & wrong, good & bad Process experiences objectively Be keenly aware of time Proceed one step at a time	Playful in solving problems Respond to events with emotion Interpret body language easily Have a good sense of humor Process information subjectively Improvise Use metaphors and analogies when describing something Deal with several problems at once Use hands a lot in conversation

Not pick up social cues easily Like to categorize Be idea-oriented Be comfortable with words and numbers Seek exact solutions Make lists Do one thing before starting another	Notice patterns and think in pictures See solutions as approximate and evolving Not realize all that you know
Most extroverts	Most introverts

LEFT BRAINED INTROVERTS	RIGHT BRAINED INTROVERTS
Understand selves better, more comfortable as introvert	Many talents, but difficult to translate into traditional job skills
More verbal and logical	Creative, eccentric or curious to others
Fewer social needs, so not as conflicted over spending time alone	
More verbal, so respond better in home, school, meetings, etc.	
Engineers, accountants, computer jocks	Actors, artists
Less emotional, focus on smaller picture, feel OK about self (or not notice they are different)	Feel more emotion and see the big picture, so sensitive about their differences
Learn in sequence, repetition & understanding principles behind it	