

Celebrating Our Non-Moral Marital Differences

Introduction: The longer we are married, the easier it can be to view the ways our spouse is different from us as "bad" (moral language) or as a sign of incompatibility. This exercise is meant to help you see and celebrate the non-moral differences between you and your spouse. The attributes listed below are neither morally good nor morally bad. Neither side, nor the center, is necessarily "holy." If you view these characteristics as moral qualities, it will be harmful to your marriage. Your responsibility is to celebrate how God made your spouse and put the gospel on display, finding ways to express loving unity in the midst of non-moral diversity.

Instructions: Write your initials where you believe you are on each spectrum. Write your spouse's initials where you believe he/she is on each spectrum. Compare your assessment with your spouse's assessment. Talk about (a) ways the two of you have viewed your differences as "bad" and this has caused conflict, (b) ways that your differences compliment one another well, and (c) how you have changed over the last few years.

Attribute	Scale	Attribute
Extrovert	_____	Introvert
Bold	_____	Timid
Calm	_____	Excitable
Reserved	_____	Expressive
Optimistic	_____	Pessimistic
Flexible	_____	Structured
Logical	_____	Emotional
Athletic	_____	Non-Athletic
Loud	_____	Quiet
Sentimental	_____	Stoic
Outdoors	_____	Indoors
Trusting	_____	Cautious
Detailed	_____	Generalizer
Organized	_____	Disorganized
Confident	_____	Insecure
Spender	_____	Saver
Conventional	_____	Unconventional
Leader	_____	Follower
Punctual	_____	Non-punctual
Aggressive	_____	Passive