# MYERS-BRIGGS MARRIAGE WORKSHEET

**Instructions**

1. Take the Myers-Briggs test first to find out your psychological indicator type at: [16personalities.com/free-personality-test](http://16personalities.com/free-personality-test)
2. Take time reading through each other’s personality profiles.
3. Print out these worksheets (there’s one for you and one for your partner).
4. Together, fill out each of these questions on your worksheets.
5. Apply to your marriage!

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<th>You Personality Findings</th>
<th>Your Partner’s Personality Findings</th>
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<td><strong>1a.</strong> What is your personality type? __________________</td>
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<td><strong>8a.</strong> What can your partner do to meet these needs?</td>
<td><strong>8b.</strong> What can you do to meet your partner’s needs?</td>
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You Personality Findings

1a. What is your personality type? ____________________________

2a. What are your strengths? _________________________________

3a. What are your weaknesses? ______________________________

4a. Are there any weaknesses you have that your partner can help with?

_______________________________________________________

5a. What are your relationship ideals?

_______________________________________________________

6a. What can your partner do to meet these ideals?

_______________________________________________________

7a. What do you need for intimacy?

_______________________________________________________

8a. What can your partner do to meet these needs?

_______________________________________________________

Your Partner’s Personality Findings

1b. What is your spouse’s personality type? _________________

2b. What are your partner’s strengths? ______________________

3b. What are your partner’s weaknesses? ____________________

4b. Are there any weaknesses your partner has that you can help with?

_______________________________________________________

5b. What are your partner’s relationship ideals?

_______________________________________________________

6b. What can you do to meet your partner’s ideals?

_______________________________________________________

7b. What does your partner’s need for intimacy?

_______________________________________________________

8b. What can you do to meet your partner’s needs?

_______________________________________________________

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