



GUIDE
FOR COUPLES

Drs. Les & Leslie Parrott

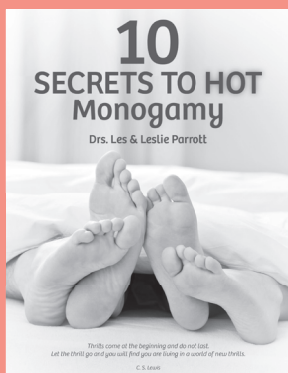
OUTREACH[®]



Before you begin this study, you will need to take the Deep Love Assessment at Outreach.DeepLoveAssessment.com.



This guide will only make sense when it accompanies your own ten-page report—personalized for just the two of you.



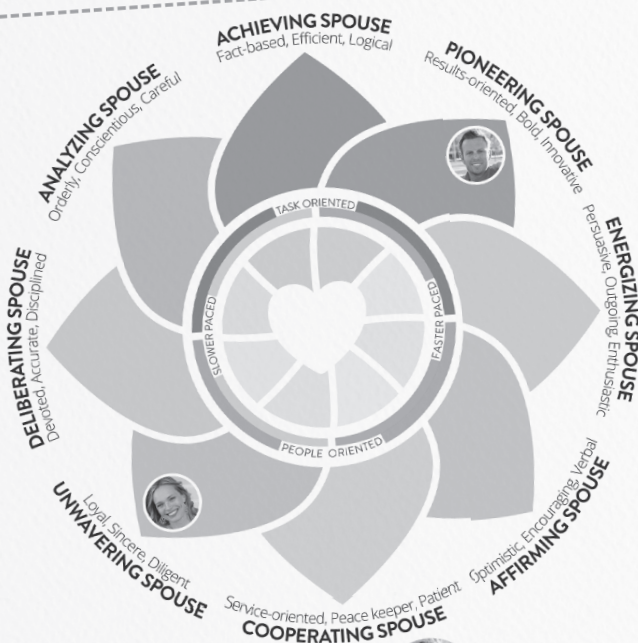
Take the Deep Love Assessment for just \$35 per couple at Outreach.DeepLoveAssessment.com and get a FREE download, "10 Secrets to Hot Monogamy."

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Deep Love is a unique and powerful online assessment that takes just fifteen minutes to complete. It generates a personalized ten-page report for couples (whether dating, engaged, or married for decades). The personalized Deep Love Report can be explored in small groups, classes, or simply as a couple. It's for couples who want to move from bad to better as well as those moving from good to great and beyond.

Each of the four sections of the report—Personality, Communication, Conflict, and Adaptability—are essential to deepening the relationship with lasting, positive results.

PERSONALITY *When it comes to personalities, there's no right or perfect combination. The key is appreciating your differences.*



UNWAVERING SPOUSE

You may demonstrate positive possessiveness by developing strong attachments; however, you will not be overly involved as some others tend to do. You are a good friend and are always willing to help those you consider to be your friends. You also show strong ties, and will be uncomfortable when separated from your friends for an extended period. You are not in most things you do; you are not



PIONEERING SPOUSE

You may be restless and may display anxiety by failing to sit quietly through any situation in which you have no opportunity for involvement. You make fast decisions and quickly respond to new ideas and activities. You may encourage your spouse to participate as well. You show a high activity level in all that you do. The fast pace by which you accomplish tasks and the variety of interests you show measures your activity level. Few dull moments indicates that you



Deep Love Guide
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GETTING THE MOST FROM YOUR DEEP LOVE REPORT

Have you ever heard of the KISS principle? It's an acronym coined by the US Navy in the 1960s. It stands for "Keep It Simple and Straightforward."

That's exactly what we're going to do for you in this guide to your Deep Love Report. We assume you've already taken the Deep Love Assessment (or will shortly). You've each answered the items that have generated your personalized ten-page Deep Love Report, and we're eager to walk you through it. Keep it handy.

But back to the KISS principle. Building a healthy and loving relationship does not have to be complicated. Of course, that doesn't mean it's simple, either. In fact, when you join two unique personalities—each with their own set of feelings, desires, and wills—and put them into the grind of daily life with the intention to maintain the ideal of love, it gets complicated. But that's exactly why we developed the Deep Love Assessment. We're doing the complicated work for you in order to deliver a straightforward experience with a big payoff.

This guide has four primary sessions, each corresponding to a section of your Deep Love Report:

1. **Personality**—because it's the best way to enhance empathy
2. **Communication**—because it's the lifeblood of love
3. **Conflict**—because every couple has friction
4. **Adaptability**—because even good marriages bump into bad things

Each of these sections is essential to deepening your relationship. They get right to the point and help you see what matters most. We're going to give you practical exercises for each one and then guide you through a series of conversations with each other that are sure to bring you closer together.

Many couples enjoy processing their Deep Love Report in a small group with other couples. Deep Love works extremely well in groups. For this reason, you'll find a portion of each section with specific directions for groups.

The final page of your Deep Love Report helps the two of you devise a next-step plan for taking your experience to an even deeper level.

TIPS FOR MAXIMIZING YOUR DEEP LOVE EXPERIENCE

Here are a few time-tested recommendations:

- Purposefully set aside time to review your report together. Don't do it on the run. You may want to do this on a date night after you've shared a meal and you're in a quiet place.
- Most couples find it helpful to schedule four "dates" on the calendar to reserve time for processing the report together.
- You'll each want something to write with for taking a few notes.
- Turn off all distractions (yup, that means your phones).
- Each session is designed to take about an hour—but that all depends upon the length of your conversations.
- Don't get hung up on getting through every piece of your session. You can always come back to what you didn't get to at a later time.
- Only do a session when both of you can be fully present.
- Commit to keeping the conversations positive. Don't use information from your report to criticize each other. That defeats the entire purpose.

- Review your Deep Love Report from time to time over the next few months—it will help you continually put what you learn into practice.

If you commit to going through each of these sections with intention, if you come to this with an open heart and an eagerness to learn, you are sure to find a way to enjoy a love that grows deeper and deeper along the way.

After all, none of us is interested in a shallow relationship, right? We don't want to hover around the surface. We want to sink the roots of our relationship deep into love. We want to enjoy deeper connection and understanding. Deeper conversations and bonding. Deeper intimacy and passion. And that's exactly what Deep Love can do for you.



Drs. Les & Leslie Parrott
Founders of the Deep Love Assessment



SESSION ONE

PERSONALITY

PERSONALITY When it comes to personalities, there's no right or perfect combination. The key is appreciating your differences.

UNWAVERING SPOUSE
You may demonstrate positive possessiveness by developing strong attachments; however, you will not be overly involved as some others tend to do. You are a good friend and are always willing to help those you consider to be your friends. You also show strong ties, and will be uncomfortable when separate for an extended period. You also show self-control in most things you do; you are not an extrovert. Your spouse may see you as stable, mature, and steadfast. Socially, you tend to be a "homebody" preferring your house and yard to faraway places with strange sounding names. This may cause stress if your spouse wants to see the world.

PIONEERING SPOUSE
You may be restless and may display anxiety by failing to sit quietly through any situation in which you have no opportunity for involvement. You make fast decisions and quickly respond to new ideas and activities. You may encourage your spouse to participate as well. You show a high activity level in all that you do. The fast pace by which you accomplish tasks and the variety of interests you show measures your activity level. Few dull moments prevail with you. Your response indicates that you may become so absorbed in your many activities that you occasionally lose sight of the balance required in your life.

Identify the top 1 or 2 statements from your paragraph that you agree with most about yourself. Give some examples that explain why these are true.

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PERSONALITY The combination of your two personalities can be mapped out to discover how you are hard-wired to give and receive love.

DYNAMICS: UNWAVERING SPOUSE + PIONEERING SPOUSE
Combination of personalities and your marriage is likely to be a bit of a balancing act because you are (Pioneering) is moving fast and focused on results while the (Unwavering) is easy to complement one another and balance each other out in many ways. But make no mistake, it is likely to take the lead in most situations. The (Unwavering) will need to come up with a plan. Again, appreciating and valuing each other's personalities will be key to your marriage.

You think and feel about the shared dynamics of your two personalities. How do they mix? What can you do, in practical terms, to leverage your Dynamics?

STRENGTHS YOU BRING TO THE RELATIONSHIP

Challenge:
• Gets tough, fast.
• Stands up for you.
• Stands up for you.

• Brings spontaneity and fun.
• Participates when the going gets tough.
• Keeps us from getting stuck in a rut.
• Energy to get things started quickly.
• Engenders excitement and involvement.

For 2 statements you agree with most about yourself, circle the top strength you appreciate about your partner.

YOUR STYLES

REACTIVE ○ ———— ○ AGGRESSIVE

FACTS ○ ———— ○ FEELINGS

ACCEPT ○ ———— ○ RESIST

MAKING DECISIONS ○ ———— ○ CALIBRUS

Consider some real life examples in your relationship where these play out. How can you genuinely appreciate your differences in these four categories?

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THE BIG PICTURE

HOW UNDERSTANDING YOUR PERSONALITIES LEADS TO DEEP LOVE

One of the most important ways for deepening your connection with your partner is to understand yourselves and each other—deep down in the DNA of your personalities. Why? Because the more awareness and insight you have about how each of you is made, the more empathy you have for one another. And empathy is at the heart of love. More than any other single deficiency, a lack of mutual empathy prevents couples from enjoying deep love. If there is any great secret to success in love found in the top 10 percent of deeply fulfilled and loving couples, it's the capacity to put themselves in each other's shoes. This session will show the two of you how to do that like never before.



EXERCISE

YOU'RE A ONE-OF-A-KIND COUPLE

Your relationship is unique. There's never been a couple like you before—and there never will be again. The combination of your two unique personalities makes for a one-of-a-kind partnership. So, to get your wheels turning right from the outset, consider what makes your relationship distinctive. Below is a diagram representing you and your partner. On the lines provided, write three special qualities that are particularly noticeable in each of your personalities.

HIS TRAITS

HER TRAITS

Now, as you consider the six qualities you've noted above, each of you can draw a line from one of your own qualities to one of the qualities on your partner's list. This line can represent how the combination of your two qualities complements one another or works well together.



Once you have completed Exercise One, ask your partner to offer feedback on his/her perception of these specific qualities. You can

do the same for your partner once he/she has completed this section of the workbook.

The goal is to simply have a meaningful discussion about your uniqueness as a couple. Do your best to be open and receptive to feedback—and be graceful and sensitive in your feedback to your partner.

You may want to jot a note or two on the insights you now have as a result of your discussion:



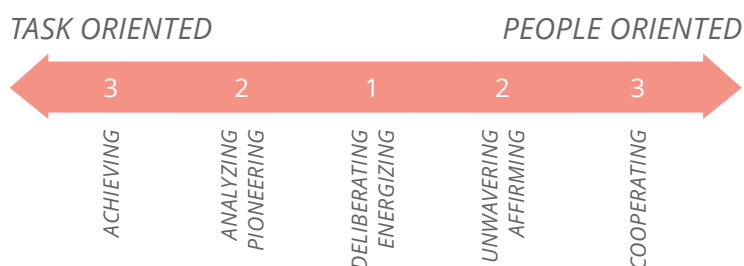
EXERCISE

TASK ORIENTED OR PEOPLE ORIENTED?

Within the personality pinwheel on page 2 of your Deep Love Report, you will find two circles. The outer circle notes “Task Oriented” on the top and “People Oriented” on the bottom. Note which camp you fall into (or maybe you’re right on the dividing line).

One is not better than the other. They are just different. Both present challenges and advantages within your relationship. We'll get to those in a moment. For now, simply indicate on this continuum where each of you perceives yourself to be, based on where you are on the personality pinwheel.

The "Achieving Spouse" would be a 3 on the Task Oriented end of this scale. The "Cooperating Spouse" would be a 3 on the People Oriented end.



The nearer you are to the Task Oriented end of the continuum, the more you prize getting things done. You love an assignment. You probably live by a to-do list. You're gratified by accomplishment—whether solving a minor problem or moving up in your career. You stay on task, and you're probably competitive. Getting a job done, whether big or small, can take priority over other considerations (and sometimes that includes people's feelings).

In fact, anything that stands in your way of getting the task accomplished will likely become a “distraction.” You like concrete objectives. You like to measure your progress. Plainly put, you like to be productive.

Now, the nearer you are to the People Oriented end of the continuum, the more likely you are to value the emotional well-being of others over productivity. You’re good at working with people, and you’re friendly. You get a “feeling” for people early on in a conversation and seem to know just what to say. You’re rarely forceful or domineering. You’re flexible, and you adapt easily to other people’s situations and attitudes. You’re diplomatic. You prize consensus and harmony. You’re a team player. Nobody would describe you as a loner. In short, you’re a “people person.”

Of course, you may have qualities from both sides of the continuum—even if you lean heavily to one end or the other.

Personality has power to uplift, power to depress, power to curse, and power to bless.

Paul Harris

The following list contrasts the two ends of the scale. Check a total of three qualities you identify with most. You may choose from either side, but it can only be three qualities in total.

TASK ORIENTED

- ☐ Driven
- ☐ Measurable goals
- ☐ Work from a to-do list
- ☐ Concentrated and focused
- ☐ Delay gratification
- ☐ Make others feel nervous

PEOPLE ORIENTED

- ☐ Nurturing
- ☐ Heart-felt connections
- ☐ What to-do list?
- ☐ Welcome interruptions
- ☐ Procrastinate
- ☐ Make others feel comfortable

As you know, there are no right or wrong answers. Fifty percent of the population falls into each side of this continuum—some people more extreme than others. Take a moment to list two or three real-life and concrete examples that would illustrate the three characteristics you checked:

HIS

1. _____
2. _____
3. _____

HERS

1. _____
2. _____
3. _____



Discuss how your approach—whether it's task oriented, people oriented, or both—has impacted your relationship. Consider both positive and challenging aspects. No need to size up your partner. Simply take time for each of you

to share your perception of how this part of your own personality has impacted the relationship. Don't judge or critique each other. Just disclose your personal perspectives about yourselves.

You may want to jot a note or two on the insights you now have as a result of your discussion:

There is very little difference in people, but that little difference makes a big difference.

W. Clement Stone



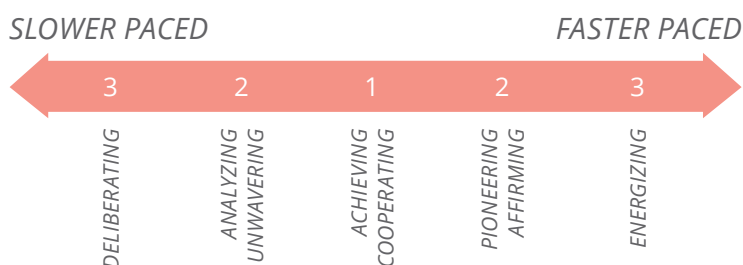
EXERCISE

SLOWER PACED OR FASTER PACED?

Now shift your attention to the inner circle on the personality pinwheel on page 2 of your Deep Love Report. Which camp do you fall into?

Again, one is not better than the other. Indicate how you perceive yourself to be, based on where you are on the personality pinwheel. Do the same for your partner.

The “Deliberating Spouse” would be a 3 on the Slower Paced end of this scale. The “Energizing Spouse” would be a 3 on the Faster Paced end.



The closer you are to the Slower Paced end of the continuum, the more you take your time. You don’t overschedule. You like to linger. If you don’t get something done today, you’ll get it done tomorrow—or the next day. You move more deliberately. You ponder and muse. You are measured and unhurried. Plainly put, you are slower paced.

The closer you are to the Faster Paced end, the more urgency you embody. You like to get things done *yesterday*! You don’t want to waste time. You’re ready to get going. You want to use

your time wisely. You often measure success in relationship to speed. You can become impatient more easily than others because your days are packed. You schedule things back-to-back. Others are often amazed by how you can get so much done in such a short time. You run on rocket fuel. In short, you're a faster paced person.

Again, you may be somewhere in the middle. Check a total of three qualities you identify with most. You may choose from either side, but it can only be three qualities in total.

SLOWER PACED

- ☐ Unite and concede
- ☐ Patient
- ☐ Ready to rest
- ☐ Steady and stable
- ☐ Roundabout
- ☐ "Think before you act"
- ☐ "Slow-growing trees bear the best fruit"

FASTER PACED

- ☐ Divide and conquer
- ☐ Impatient
- ☐ Raring to go
- ☐ Excited and energetic
- ☐ To the point
- ☐ "Don't just sit there, do something"
- ☐ "Early bird gets the worm"

The goal in marriage is not to think alike,
but to think together.

Robert C. Dodds

Again, there are no right or wrong answers. Take a moment to list two or three real-life and concrete examples that would illustrate the three characteristics you checked:

HIS

1. _____

2. _____

3. _____

HERS

1. _____

2. _____

3. _____



Discuss how your approach—whether it's slower paced or faster paced—has impacted your relationship. Consider both positive and challenging aspects. Talk about yourself, not your partner (this is not a time for critique).

You may want to jot a note or two on the insights you now have as a result of your discussion:

4

EXERCISE

DIVING DEEPER INTO YOUR PERSONALITY

The lower portion of page 2 on your report provides each of you with a personalized paragraph. This paragraph is unique to you. It's not simply one of eight different paragraphs you might receive based on your personality category; it's much deeper and more sophisticated than that. In fact, if you are both in the same category, your paragraphs will still be unique to each of you.

We recommend the following:

1. Read your paragraph to yourself.
2. Highlight or underline two or three sentences you identify with most.
3. Scratch through any sentence you don't think fits.
4. Read aloud your entire paragraph to your partner.
5. Have him/her do the same for you.



Discuss your two personalized paragraphs with each other. You may want to use these questions to get the conversation going:

1. How accurate would you say your paragraph is on a scale of 1 to 10?
2. How accurate does your partner think your paragraph is?

3. What do you identify with most and why?
4. What do you identify with least and why?

You may want to jot a note or two on the insights you now have as a result of your discussion:

Now read the paragraph at the top of page 3 of your report. It describes how your two personalities work together.

Also, read the list of strengths each of your personalities brings to the relationship. Underline which one of your five you agree with most. Also note which of the five from your partner's list you appreciate the most.



Discuss your combined paragraph—personalized to the two of you. Here are some questions to get you going:

1. How does the combined paragraph make you feel? Why?

2. What new insights does it provide for you?
Use examples.

Now talk about what you appreciate most on your partner's list and why you value it in the relationship.

1. Discuss the strengths that each of you brings to the relationship. Explore your top choices. What are they?

2. Why did you select them? Use examples.

You may want to jot a note or two on the insights you now have as a result of your discussion:



EXERCISE

YOUR PERSONALITY STYLES

The lower portion of page 3 of your Deep Love Report depicts four important relationship dynamics that are shaped by your personalities.

For each one of these issues, think of a specific example or two in your life as a couple. For example, what would be a recent problem you've tried to solve together? (Consider big problems as well as relatively minor ones.) Think of real-life examples and note them here.

HIS

1. Solving problems:

2. Influencing each other:

3. Reacting to change:

4. Making decisions:

HERS

1. Solving problems:

2. Influencing each other:

3. Reacting to change:

4. Making decisions:



Now consider how your personalities influence the process and outcomes in these areas. Here are some questions to get you started:

1. How does your own personality shape these specific examples?

2. How, if at all, would you have liked to approach the issue differently?

3. What do you appreciate about your partner's personality in the context of these examples?

4. How do your personalities complement one another in these examples?

The goal here is to understand how each other is hardwired and appreciate how your partner's personality differences leverage your own.

You may want to jot a note or two on the insights you now have as a result of your discussion:

Each of these four areas represents an emotional safety need within your personality. Here's how it pans out:

- If you're an aggressive problem solver, your safety need is **time**. You prize efficiency with your time, and you feel threatened when it's not being used well.
- If you're influenced more by feelings than facts, **approval** is your safety need. You want to be sure you are on the same team with your partner, and you feel threatened if you're losing his/her approval.
- If you resist change more than you accept it, a deep sense of **predictability** is your safety need. You don't want change without warning, and you feel threatened when it happens.

- If you are more cautious than spontaneous when it comes to decision-making, your safety need is **quality**. You hold high standards for doing the right thing the right way. And when decisions aren't given careful consideration, you feel threatened.

You may have one or more emotional safety needs. Based on your results at the bottom of page 3 of your report, circle the safety needs that apply to you:

HIS

Time

Approval

Predictability

Quality

HERS

Time

Approval

Predictability

Quality



Talk about your emotional safety needs as they relate to the way your personal personality is hardwired. Here are some questions to get you started:

1. How does your safety need seem to be expressed? Be specific and use examples.

2. How can you be more sensitive and caring with your partner's emotional safety need? Again, be specific and use examples.

You may want to jot a note or two on the insights you now have as a result of your discussion:

SESSION TAKEAWAY

Keep the big picture in mind. Heightened self-awareness and mutual empathy are the point of this first session. As a result of your investment in these two pages of your Deep Love Report, you are now more aware of how each other is uniquely hardwired. This makes empathy much easier. The more you understand and appreciate in your differing personalities, the more you increase

your inclination to put yourselves in each other's shoes. We'll say it again: Empathy is essential to enjoying deeper love.

THE BOTTOM LINE

The greatest insight I got from this session is . . .

HIS

HERS

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

The one thing I'd like to do differently in our relationship as a result of this session is . . .

HIS

HERS

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>

PUTTING IT INTO PRACTICE

Over the next few days, make a conscious effort to intentionally see the world from your partner's perspective.

- Deliberately put yourself in his/her shoes. Imagine what life is like in his/her skin.
- Think about how your partner's emotional safety need influences his/her day and interactions with you.
- Express your appreciation to your partner for what his/her personality contributes to your relationship.

It's all about empathy. And don't forget to review pages 2 and 3 of your Deep Love Report from time to time to help you understand your partner better.

Empathy deploys a shorthand that gets two people on the same page immediately, without having to waste time or words explaining what matters.

Darryl McDaniels

SMALL GROUP EXPERIENCE FOR SESSION ONE: PERSONALITY

JUST FOR FUN (5 MINUTES)

Think about the first date the two of you shared. Where did you go? What did you do? What's most memorable and why?

BIBLICAL WISDOM (5 MINUTES)

Consider these verses as you begin this session together:

- "Encourage one another and build each other up, just as in fact you are doing."
—1 Thessalonians 5:11
- "God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another." —1 Peter 4:10 (NLT)
- "Don't look out only for your own interests, but take an interest in others, too."
—Philippians 2:4 (NLT)

Which passage do you identify with most or find most challenging? Why? You may want to also begin your session with a word of prayer together, asking God to help each of you see through the eyes of your partner like never before.

VIDEO NOTES (5 MINUTES)

TALKING THROUGH YOUR EXERCISES TOGETHER (40 MINUTES)

Within your small group, discuss the results from the exercises you did as a couple beforehand. And have your Deep Love Report at the ready. Each couple can share what they learned, but feel free to ask questions of each other along the way. No need to make this like a presentation. Keep it relaxed and interactive. Learn from each other. Here are some questions to cover:

- Consider Exercise Two from this session. Are you more task oriented or people oriented? And how has that shaped your relationship with each other?
- Do the same with Exercise Three. Are you slower paced or faster paced? How has this impacted your relationship?
- What do you make of how the report depicts your two personalities? What resonates with you the most and why? Hold up the page

depicting where each of you lands on the personality pinwheel so other members of the group can see it. Discuss how you are similar to or different from others in the group.

- Note the individual strengths you bring into your relationship. Better yet, have each partner talk about a specific strength or two that he/she appreciates in his/her partner and explain why (use examples).
- If you're up to it, explore what you learned about your own emotional safety need(s) from Exercise Five. Based on the information gained in this exercise, what makes you feel most secure: time, approval, predictability, or quality?
- Finally, discuss the big picture—mutual empathy. How will you each be more likely to see the world from your partner's point of view after this session? What do you understand better about your partner as a result of these two pages of your Deep Love Report? What's one practical example of how you plan to empathize with your partner in the coming week?

WRAP-UP (5 MINUTES)

Revisit the Biblical Wisdom section of this group session. Someone might read each verse aloud once more. Let them sink in as you close the session in prayer.

Love is not blind—it sees more, not less. But because it sees more, it is willing to see less.

Julius Gordon