



Excerpt from NCCA Member S. Inman, Dissertation on Temperament

If there's one area of study that has reshaped how I view myself and others, it's this. During my doctoral research on factors influencing marriage, I pored over all the popular temperament and personality assessments—the Big Five, Enneagram, DISC, Myers-Briggs, the basic four temperaments, and more. While each offers valuable insights, one system has risen above the rest: the Arno Profile System (APS), rooted in Creation Therapy.

What really draws me into temperament is its unique power to reveal the true “why” behind our behaviors—our natural wiring for social interactions, decision-making, and emotional connection. The APS assessment doesn't just scratch the surface; it paints an incredibly clear picture of who we are at our core, offering practical guidance on how to navigate life's challenges in ways that align with our God-given design. In my work, the APS has proven to be leaps and bounds beyond other assessments, helping individuals and couples understand themselves in ways that foster growth, compassion, and a deep sense of purpose.

On a personal level, temperament has truly changed my life—personally, relationally, and professionally. Through understanding my own temperament, I've come to see more clearly the intricate ways God has designed me. I now understand what fills and drains me, where my strengths and weaknesses lie, and what I need to feel truly loved and connected. In my marriage, this shared understanding has opened doors to deeper connection with my wife, helping us to love each other in ways that resonate deeply and meaningfully.

As a father, temperament has given me the gift of seeing each of my children for who they uniquely are. With this insight, I'm better able to guide them, encouraging their strengths and supporting them in ways that nurture their unique spirits. Professionally, I've had the privilege of

witnessing how understanding temperament can bring real, life-changing transformation. I've seen individuals overcome relational struggles, break free from cycles of anxiety, depression, and pain, and emerge with renewed hope and resilience. Perhaps most profoundly, I've seen how temperament understanding can offer a powerful, clean start to marriages on the brink of despair. Time and again, I've witnessed couples revive their connection, repair fractured trust, and rediscover a love that seemed lost, all through a deeper understanding of each other's inborn design. Temperament truly offers a transformative path toward renewed hope and lasting closeness.

As we explore the world of temperament, my hope is that you'll begin to see yourself, your spouse, and your loved ones through a new lens—one that's compassionate, insightful, and inspiring. Each of us is wired uniquely, and when we understand and embrace these differences, we gain the tools to meet our own needs and the needs of others with grace and empathy. Let's embark on this journey together with the hope that your marriage, family, and personal life will be strengthened and enriched by the deep understanding that temperament can bring.

In every marriage, the uniqueness of each partner's temperament can either be a source of joy and growth or, when misunderstood, a potential source of tension. Temperament, according to the Arno Profile System (APS) model, is the inborn and unchanging part of who we are—our intrinsic, God-given way of interacting with the world. Unlike personality, which can be shaped by life experiences, temperament is hardwired. It affects everything from how we communicate and express emotions to how we seek connection and handle conflict. While temperament (our nature) shapes half of our responses to circumstances, relationships, and environment, the other half is influenced by learned experiences (our nurture). Together, these two forces form the foundation of how we relate to the world around us.

Temperament is more than a psychological concept; it's rooted in the understanding that we are uniquely created in God's image (Genesis 1:27). Each person reflects aspects of God's nature, encompassing diverse traits that shape how we connect with Him and others. Scripture tells us that God knew us before we were even born: "For you created my inmost being; you knit me together in my mother's womb" (Psalm 139:13), and "Before I formed you in the womb, I knew you" (Jeremiah 1:5). God knew all that we would face—from our greatest joys to our deepest

heartbreaks, including the person we would marry. He intentionally designed us, equipping us with the specific qualities and temperament needed to live an abundant, fulfilling life, no matter the circumstances we encounter.

Scripture also emphasizes the value of unity in diversity (1 Corinthians 12), showing us that our unique temperaments are integral to a healthy, functioning body of believers. By cultivating the fruit of the Spirit (Galatians 5:22-23) within the framework of our temperament, we allow God's love, patience, and self-control to shape how we relate to our spouses, families, and communities. Embracing temperament with a biblical perspective strengthens our relationships, helping us serve each other in love while honoring the Creator's design in ourselves and those around us.

Understanding temperament is key in marriage because it provides insight into why each partner behaves the way they do. It sheds light on personal strengths and potential areas for growth, but, most importantly, it builds empathy and patience. When couples recognize that temperament is neither a fault nor a flaw but a part of God's design, they can begin to appreciate the beauty of their differences and the potential for their marriage to thrive through mutual understanding and support.

Each person's temperament reflects their natural, God-given tendencies. In the APS model, temperament types include Sanguine, Melancholy, Supine, Choleric, and Phlegmatic, each with unique Inclusion, Control, and Affection characteristics.

The APS (Arno Profile System) model divides temperament into three primary areas:

1. Inclusion: How individuals relate socially, connect, and seek attention or solitude.
2. Control: How individuals manage decision-making, responsibility, and power within relationships.

3. Affection: How individuals give and receive emotional closeness, comfort, and expressions of love.

By using the APS model, couples can learn to recognize and honor each other's needs within each of these areas. For instance, one partner might have a high need for inclusion, thriving on frequent interaction and social connections, while the other may have a lower need, preferring smaller gatherings or even alone time. Recognizing these inherent needs helps couples find balance and mutual respect without taking differing needs personally or assuming ill intent.

Understanding one's own temperament, as well as a spouse's, is a pathway to greater empathy, patience, and connection. Rather than viewing differences as obstacles, couples can learn to see them as opportunities for growth and deeper understanding. This knowledge equips them to approach each other with grace, recognize the positive potential of their distinct temperaments, and communicate more effectively.

By embracing the strengths and limitations of each other's inborn design, couples not only build a more harmonious relationship but also honor the Creator's purpose in crafting them uniquely for each other. In this way, the APS model helps foster a marriage rooted in understanding, support, and mutual respect.