



## Doing Family Right

# The Woodpecker – Turtle Quiz

**INSTRUCTIONS:** To determine your personal styles, for each statement, put a check below the spouse who, in your opinion, is more likely to say those words or whom the statement better represents. Tally the husband and wife totals with the guide below. Share your perspective.

### PERSONAL STYLE OF INTERACTION

**Wife**      **Husband**

#### Who is more likely to say...

- |  |     |     |
|--|-----|-----|
| 1. It is easier to keep arguing than to let a discussion go.           | ___ | ___ |
| 2. I often hold in my thoughts than speak them out.                    | ___ | ___ |
| 3. I tend to back off when I feel pressured or not heard.              | ___ | ___ |
| 4. I am more likely to speak out than hold my thoughts in.             | ___ | ___ |
| 5. It is easier to deny there is an issue than to really face it.      | ___ | ___ |
| 6. I like to think through my words before speaking.                   | ___ | ___ |
| 7. I give up in exasperation when we are not getting anywhere.         | ___ | ___ |
| 8. I often speak out my words before I think them through.             | ___ | ___ |
| 9. I prefer to resolve things over time.                               | ___ | ___ |
| 10. I press on committed to prove that I am right.                     | ___ | ___ |
| 11. It is easier to walk out than to keep arguing.                     | ___ | ___ |
| 12. I tend to pry to get my spouse to talk more about an issue.        | ___ | ___ |
| 13. It is important to talk things through in spite of the tension.    | ___ | ___ |
| 14. I realize that my silence and putting up walls may cause hurt.     | ___ | ___ |
| 15. I am comfortable with conflict.                                    | ___ | ___ |
| 16. I am often hesitant to share what I think.                         | ___ | ___ |
| 17. I am usually comfortable in confronting my spouse.                 | ___ | ___ |
| 18. I prefer a context where I feel emotionally safe.                  | ___ | ___ |
| 19. I need to get things resolved as quickly as possible.              | ___ | ___ |
| 20. I would rather let things go than escalate to a fight.             | ___ | ___ |
| 21. I am generally uncomfortable with conflict.                        | ___ | ___ |
| 22. I get impatient when my spouse is holding back in discussion       | ___ | ___ |
| 23. I can second-guess what I am going to say.                         | ___ | ___ |
| 24. I realize that my criticism and harshness may cause hurt.          | ___ | ___ |
| 25. I am okay with letting unresolved issues lie.                      | ___ | ___ |
| 26. I like to talk things through at my pace when I am good and ready. | ___ | ___ |
| 27. I willingly face issues head on.                                   | ___ | ___ |
| 28. I prefer to avoid discussions that are uncomfortable for me.       | ___ | ___ |
| 29. Unresolved issues between us bother me.                            | ___ | ___ |
| 30. I prefer conversations where we talk directly and honestly.        | ___ | ___ |

To identify your personal styles, circle the numbers below in **Red** for wife; **Blue** for Husband:

W = 1, 4, 7, 8, 10, 12, 13, 15, 17, 19, 22, 24, 27, 29, 30 – Woodpecker is your style.

T = 2, 3, 5, 6, 9, 11, 14, 16, 18, 20, 21, 23, 25, 26, 28 – Turtle is your style.