# CREATING A COVENANT MARRIAGE BLUEPRINT

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# SESSION 2
# MEET YOUR BLUEPRINT

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# Meet Your Blueprint

*The Four Patterns and How to Read Yours. Fill in each blank as you hear it in the session.*

Before this session: make sure both of you have completed the CMB Assessment at go.wadearnoldcoaching.com/rbq-quiz. Do not discuss your results with each other until after watching the session. The Teaching Notes and Blueprint Reference Guide are yours to keep. Return to them throughout the course.

### ✦ *What a Blueprint Is…and Is Not*

A blueprint is not a personality type, a diagnosis, or a verdict. It is a learned pattern; your nervous system's answer, developed over years, to a single question: Am I _____ in a close relationship?

These patterns formed before your wedding day. They describe four primary ways human beings manage the fear of being _____ known.

Because the blueprint was learned, it can, with sustained effort, honest self-examination, and the grace that makes transformation possible, be _____. Not quickly. But genuinely.

### ✦ *Formed and Known: Psalm 139*

David's declaration in Psalm 139 is intimate knowledge: ‘O Lord, you have searched me and _____ me.’ The Hebrew word, _____, is the same word used in Genesis for the most intimate knowing between persons.

The potter at the wheel in Jeremiah 18 does not discard the misshaped vessel; he _____ it. He does not start with different clay.

*Self-knowledge, in this framework, is not the end of the process. It is the beginning of _____ with a God who is already at work.*

### ✦ *The Four Blueprints*

Each blueprint has a name, a core fear, a core need, and a characteristic posture in conflict. Fill in the blanks as each is described.

**CONFIDENTLY CONNECTED**
Comfortable with both closeness and independence. Their core need is mutual _____, honest communication, and the freedom to be fully known.

James and Naomi still argue about the renovation budget and Naomi's mother. What they carry is a baseline trust in the durability of the bond-a _____ that conflict will not end the marriage.

**CLOSENESS SEEKER**
Deeply attuned to relational temperature. Their core fear is _____. Their core need is reassurance, emotional presence, and consistent signals of love.

Angela spent four hours constructing an interior narrative because Joel didn't text back, because her blueprint is running a program that formed long before _____ existed.

**DISTANCE KEEPER**
Values independence. Their core fear is _____, the loss of self when emotional demand exceeds capacity. Their core need is space to process and freedom from criticism.

Marcus's withdrawal was not punishment. It was a decades-old self-protective response to the felt sense of _____ someone he loves.

**MIXED SIGNALS**
Experiences both longing for and fear of closeness _____. Their core need is safety, predictability, and a relationship where closeness does not have to cost something.

Rafael told Simone: 'I'm afraid you'll stop _____ it.' Not manipulation. Disclosure: possibly the most honest thing he had ever said to her.

### ✦ *Blueprint Reference Guide*

Keep this table. Fill in the Core Fear and Core Need columns as the session covers each blueprint. The rest is filled in for you.

| Blueprint | Core Fear | Core Need | Conflict Posture | Gift to Marriage |
|---|---|---|---|---|
| Confidently Connected | | | Engages conflict without feeling the relationship is at stake | Steadiness, repair, modeling security |
| Closeness Seeker | | | Pursues: moves toward, escalates, bids urgently for connection | Deep attunement, fierce loyalty, capacity for intimacy |
| Distance Keeper | | | Withdraws: goes quiet, becomes busy, reduces contact | Steadiness under pressure, calm, thoughtful presence |
| Mixed Signals | | | Oscillates: reaches and retreats, pursues then pulls back | Deep empathy, profound capacity for feeling, resilience when healing begins |

### ✦ *Identifying Your Blueprint*

Three practical steps:

- Review your RBQ Assessment results. Treat them as a starting point, not a sentence.
- Read each blueprint description and notice which one produces recognition.
- Pay particular attention to the conflict description for your blueprint.

### ✦ *Identifying Your Spouse's Blueprint*

*The most useful question is not 'which blueprint is my spouse?' It is 'what does my spouse most need from me in moments of _____?'*

# Individual Reflection

Work through these questions privately before sharing with your spouse. Have your RBQ Assessment results in front of you as you write. Be specific. Vague answers produce vague insight.

**1** Which blueprint do your assessment results point to? As you read the description, what felt most accurate; what felt most uncomfortable? Those two things are usually pointing at the same truth.

**2** Think of your most recent significant conflict with your spouse. Without describing what it was about, describe how you behaved. What did you do? What did you feel in your body? What did you want your spouse to do? Which blueprint does that behavior match?

**3** Every blueprint carries a gift and a cost. Name the specific gift your blueprint brings to your marriage. Then name the specific cost it most regularly imposes on your spouse as honestly as you can.

**4** The session teaches that the blueprint was formed, not chosen. It is a learned response to an early question about safety. Does knowing that change how you feel about your own pattern? How does it change how you feel about your spouse?

**5** Psalm 139 describes God knowing you entirely-every fear, every adaptive strategy, every place where the pattern has cost you something real. What does it mean to you that God already knows your blueprint, and has not stopped forming you?

# Couple Discussion

This is the first conversation you are having with the blueprint framework in hand. That makes it significant, and potentially tender. Take turns. One person shares; the other listens without correcting, defending, or explaining. The goal is not to assess each other. It is to understand each other.

**1** Share your blueprint results with each other. Before discussing whether they are accurate, each person simply reads their blueprint description aloud. No commentary yet; just receive what the description says.

**2** Share your answers to Individual Reflection question 3, the gift and the cost. Listen to your spouse's honest naming of what their blueprint costs you. Resist the urge to minimize it or explain it away. Simply receive it.

**3** The session says the most useful question is not ‘which blueprint is my spouse?’ but ‘what does my spouse most need from me in moments of disconnection?’ Answer that question for each other, specifically and practically.

**4** Is there a pattern between you-a recurring dynamic, a cycle you recognize-that makes more sense now that you have the blueprint language? Name it together, as neutrally as you can. Not ‘you always do this’ but ‘when X happens, it seems like Y happens, and then Z.’

**5** What is one thing you want your spouse to understand about what it feels like to be inside your blueprint, something this framework helped you name that you haven't known how to say before?

# For the Solo Attenders

The Four Patterns and How to Read Yours

Couples in this session identify their own blueprint and begin learning to read their spouse's. You do the first half of that work exactly as written — your blueprint is yours regardless of relationship status. For the second half, practice the skill of reading a blueprint on whichever close relationship is currently active in your life.

### Individual Reflection: Solo Version

1. Which blueprint do your assessment results point to? As you read the description, what felt most accurate — and what felt most uncomfortable?

2. Where do you already see this fear — abandonment, engulfment, or both — showing up outside of marriage: in friendships, family relationships, or how you approach dating?

3. Think of the closest relationship in your life right now — a parent, sibling, close friend, or someone you are currently dating. Using the Blueprint Reference Guide, what blueprint do you suspect they carry? What would loving them well, given that blueprint, look like in practice?

4. The Reference Guide names a gift each blueprint brings to marriage. What is the gift your blueprint could offer a future spouse — and what is the work still required to make that gift available rather than blocked by fear?

# Peer Activity: Together Time Replacement

**Pair up.** Each person names the blueprint they identified with and describes one recent moment — in any relationship — where they recognized that pattern running.

The listener's only job is to reflect back what they heard — not to diagnose or advise. This is the same listening skill couples are practicing in this session.

# Practice Exercise

*This exercise has two parts-one individual, one together. Complete Part 1 before you do Part 2. Return to Part 2 before Session 3.*

### ✦ *Part 1: The Blueprint Map (Individual, 15 minutes)*

This exercise develops a detailed, specific picture of your blueprint as it operates in your marriage. The more specific you are, the more useful it becomes.

**MY BLUEPRINT**

**1** Name your blueprint:

**2** In two or three sentences, describe what it feels like to be inside your blueprint when it is activated: what you feel in your body, what thoughts arise, what you are afraid of in that moment.

**3** Name three specific triggers-situations, tones of voice, words, silences, or behaviors from your spouse-that reliably activate your blueprint. Be as precise as possible.

**4** What is your default response when your blueprint is activated? What do you do, and what do you avoid doing?

**5** What do you most need from your spouse in those moments? Write the specific thing, not the feeling, but the actual action or word that would help.

### ✦ *Part 2: The Blueprint Exchange (Together, 20 minutes)*

Sit together with your individual Blueprint Maps complete. Take turns sharing your answers to questions 2 through 5. The listener's only job is to understand, not to respond, explain, or defend.

*Knowing what I now know about your blueprint, what is one thing I could do differently that would make your core need feel more met in our marriage?*

Write your spouse's answer below. This is not a commitment or a contract. It is information: the most practically useful information from this entire session.

**WHAT MY SPOUSE SAID THEY NEED FROM ME:**

**WHAT I SAID I NEED FROM MY SPOUSE:**

**ONE CONCRETE THING I WILL TRY BEFORE SESSION 3:**

# Session Notes

*Use this space for anything from the session you want to capture, questions that came up, things that surprised you, or observations you want to return to.*

# Contact Wade

Scan the QR Code below and add me to your contacts.