

TAKE 139

A FREE SAMPLE PREVIEW

What you'll receive when you take Take 139.

*A pastoral diagnostic of the small repeating rocks
in your particular marriage.*

WHAT'S INSIDE THIS PREVIEW

- An excerpt from a real Couples Walkthrough
- Two real archetypes paired — Architect and Adapter
- How the framework names the gift each gives the other
- One teased question from the date-night appendix

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"Search me, O God, and know my heart." — Psalm 139:23

TAKE 139

A Couples Walkthrough

*A counselor's read of the small repeating rocks
in your particular marriage.*

PREPARED FOR

Jordan & Morgan

JORDAN

Architect · Attorney
Disrespect · Am I protected?

MORGAN

Adapter · Quiet Exit
Control · Am I free?

*“For as in one body we have many members,
and the members do not all have the same function,
so we, though many, are one body in Christ.”*

Romans 12:4–5

The small repeating rocks.

Why this pairing exists, and why you are both reading it.

Most marriages do not break on the large rocks. They break on the small repeating ones — the same misunderstanding in slightly different clothes, three or four times a week, year after year, until both people have forgotten what they were originally hoping for.

In your marriage, the small repeating rock has a particular shape. It arrives on an ordinary evening, usually around something logistical — a plan, a preference, a decision that one of you assumed was settled and the other assumed was still open. Nobody raises their voice. Nobody storms out. But something tightens in both of you, and by the next morning neither of you is quite sure what happened or who started it. You have been here before. You will be here again. And the question this document is asking is whether you would like to understand it.

You are both reading this because you have decided to look. That decision is more significant than it appears. Most couples spend a decade navigating around the small repeating rock without naming it. Naming it is more than half the work.

Here is what I intend to do. I will name what each of you brings the other that you could not have built alone — the genuine, theological gift your two shapes form when they are at their best. Then I will name the collision your two questions create, in the specific way it fires in your marriage. Then I will name the harder picture — when both of you are in breakdown at once — and what to do when you can still see it happening. Then I will hand each of you a set of commitments, not as rules but as the small daily practices that, over years, change the temperature of a home.

Read it together if you can. If not, read it separately and then sit down with it. Argue with what does not fit. Stay with what does. The goal is not insight. The goal is a marriage in which the small repeating rocks become smaller, less repeating, and finally a part of the landscape you can both laugh at.

Side by side, on paper.

Two profiles next to each other for the first time.

Before we go anywhere else, take a long look at what each of you actually is, on paper, side by side. Most couples never see their two profiles next to each other. You are about to.

Jordan

TRIGGER

Disrespect / Injustice

CORE QUESTION

Am I protected?

MECHANISM

The Architect

BREAKDOWN

The Attorney

Morgan

TRIGGER

Control / Shame

CORE QUESTION

Am I free?

MECHANISM

The Adapter

BREAKDOWN

The Quiet Exit

Jordan, you are an Architect whose body reads disrespect and injustice as alarm signals, and whose deepest question is whether you are protected. You build structures — plans, systems, reliable expectations — because you believe, in your bones, that most suffering is a function of insufficient preparation. When someone violates the structure or disregards your design, an Attorney takes the floor. Not to win an argument, but to establish that the wrong was real, that the blueprints mattered, that the breach cannot simply be papered over.

Morgan, you are an Adapter whose body reads control and shame as alarm signals, and whose deepest question is whether you are free — free to be yourself, free from the pressure to be a particular version of yourself in this relationship. You move through the world the way a musician moves through different keys: the same instrument, a different sound depending on what the room requires. You are genuinely present in every version. But when someone tries to fix you in place — to name which version is the real one, or to

prosecute a version you no longer quite recognize — a Quiet Exit or a Plea can follow, depending on whether the threat feels like a cage or like the loss of connection.

Notice what these two profiles do not share, and then notice what they share underneath. You are not asking the same question. Jordan is asking am I protected? — a question that wants stability, predictability, and a partner with knowable preferences. Morgan is asking am I free? — a question that wants room to move, the latitude to change, and a partner who can hold a fluid self without pressing it into a fixed mold. Both are legitimate. Both are, in the architecture of a marriage, genuinely difficult to give each other.

Beneath the two questions, however, there is the same root. You are both people who have built a strategy to prevent a particular kind of pain. Jordan's strategy is to know what is coming. Morgan's strategy is to become what the moment needs. Both strategies are forms of self-protection, and both have served each of you well in the world outside this marriage. Inside it, they pull in opposite directions — and that pull is what this document is about.

From the outside, your pairing often looks like a natural division of labor: the Architect provides the structure, the Adapter provides the relational warmth. People who know you both may have said something like that. There is truth in it. But underneath the apparent efficiency is a deeper friction that neither of you may have found the words for yet. Jordan cannot understand why Morgan does not have stable preferences. Morgan cannot understand why Jordan treats every preference as fixed law. This document is going to name that friction by its right name, and then show you a way through it.

What Morgan gives Jordan.

A room that does not require him to be certain.

Morgan gives Jordan something the Architect almost never builds for himself: a room that does not require him to be certain.

The Architect's world is organized around the reduction of uncertainty. Plans exist to make the future manageable. Structures exist to prevent the collapse that insufficient preparation invites. In most of the rooms Jordan walks through in a week — at work, in community, in the small negotiations of a shared life — the Architect's certainty is precisely what is wanted. People come to him with open questions; he leaves them with answers. This is a genuine gift. It is also exhausting, and Jordan may not always know how exhausting it has been, because there has rarely been a room where the exhaustion was allowed to show.

Morgan, by the nature of the Adapter mechanism, is one of the few people in Jordan's world who does not require the Architect to have already figured everything out. The Adapter, skilled at reading what the room most needs, will often meet Jordan in the register he is actually in rather than the register he is performing. When Jordan is tired, Morgan will frequently sense it before it is named. When Jordan is carrying something he cannot quite articulate, Morgan will often create the space in which the un-articulated thing has room to surface. This is not a minor gift. For a person whose vocation is to hold things together, being with someone who can meet you before you have organized yourself is rare and quietly irreplaceable.

There is a theological word for what Morgan gives Jordan. It is grace — not in the formal doctrinal sense, but in the older meaning of unearned favor, presence that does not require performance as its entry fee. The Architect earns his place in most rooms. Morgan is one of the rooms where he does not have to.

Jordan — if you want to thank Morgan for something this week, thank her for the moments when she met you where you were rather than where the plan said you were supposed to be. She may not have known she was doing it. Adapters rarely know their attunement registers as a gift; they have been told often enough that their fluency is simply inconsistency. Tell her that the specific quality of her presence — the way she reads the

One question to take to dinner.

The full walkthrough contains five rounds. Here is one.

ROUND ONE · WARM UP

If our marriage were a piece of architecture — a building of any kind, anywhere in the world — what would it be, and what would be your favorite room in it?

*Let the metaphor say what plain language sometimes cannot.
Don't overthink it. Answer with the first image that comes.*

The full date-night appendix contains 5 rounds of questions, written specifically for your two profiles.

TAKE 139

THE SAMPLE ENDS HERE

Your own walkthrough will be 30+ pages.

Written specifically for your two profiles, not anyone else's. With your names. Your archetypes. Your friction. Your gift to each other.

Take Take 139 with your partner.

Couple package — \$40 for both. Includes the date-night appendix.

take139.com / pricing

Questions? Write to Chris at hello@take139.com.

*"For as in one body we have many members,
and the members do not all have the same function." — Romans 12:4*