

MOTION & MINDSET

A FOUR-WEEK NEWSLETTER SERIES · COMPANION GUIDE

Rooted in *Marriage*

GRACE

TRUTH

RHYTHM

HOPE

A guide to help you identify what you and the people you love need most, and turn that understanding into real conversation, real connection, and real growth together.

Includes the Primal Question Assessment overview, reflection space for each week of the series, and conversation starters to use once you know what you and your loved ones need most.

Tonya Peck

How to Use *This Guide*

This companion guide was built alongside our Rooted in Marriage newsletter series. Over four weeks, we've shared our story, the ways we've grown through grace, truth, rhythm, and hope, and what's helped us keep choosing each other for over three decades. We don't have it all figured out, and we never will. This guide is simply here to give you a next step.

At the center of everything we've learned is one simple truth: we grow closer to the people we love when we understand what they actually need, not what we assume they need. The Primal Question Assessment is the tool that helped us finally put language to that.

In this guide, you'll find:

- An introduction to the Primal Question Assessment, and a reminder of all seven primal questions
- A short reflection page for each week of the series (Grace, Truth, Rhythm, Hope)
- Conversation starters to use with your spouse, or anyone close to you, once you know your results
- A deeper Deep Dive page for you and for your loved one: your primal question, your gift, your scramble, and what God already says about how He meets that need in you

This is meant to be lived in, not rushed through. Take your time. Come back to it. Share it with your spouse, a friend, or your family, and let it open up conversation, not pressure.

THE TOOL

The Primal Question *Assessment*

Every one of us carries a core question underneath our behavior, one we've often been asking since childhood, whether we realize it or not. Questions like Am I safe? Am I loved? Am I wanted? Do I have a purpose? That underlying question shapes how we react under stress, what we need from the people closest to us, and what we're really asking for when we don't have the words to ask directly.

The Primal Question Assessment, developed by Mike Foster, helps you identify your own primal question, the gift that grows in you when that need is met, and the pattern you fall into (your "scramble") when it isn't. Once you know your question, and the questions of the people you love, you have a new lens for understanding each other, instead of just reacting to each other.

How It Works

1 Take the assessment

It only takes a few minutes. Answer honestly, based on your natural instincts, not who you wish you were.

2 Identify your primal question

You'll receive your core question, your core fear (your kryptonite), and your primal gift, the strength that grows out of that need being met.

3 Invite your spouse (or someone close to you) to take it too

Understanding is always more powerful when it goes both directions.

4 Talk about what you both learned

Use the conversation starters later in this guide to turn your results into real, honest conversation.

READY?

Take the assessment at primalquestion.com

TAKE THE ASSESSMENT

The Seven *Primal Questions*

Mike Foster's framework identifies seven core questions underneath our behavior, each one shaping how we love, how we react under stress, and what we need most from the people closest to us. Here's a reminder of all seven as you go through the assessment.

1 Am I safe?

Need: Safety, physical and emotional · **Kryptonite:** Negative surprises

Your gift: You are one of the world's guardians, helping people feel safe and protected. You have a natural ability to analyze and predict. You are emotionally connected and sensitive, a protector and watchdog for the people around you.

Truth statement: "I am safe."

2 Am I secure?

Need: Security in your finances and relationships · **Kryptonite:** Financial instability

Your gift: You make a great provider and partner by building stable environments. At your best, you are generous, aware of others' financial needs, and you prioritize relationships. You are often methodical, trustworthy, and grounded in practicality.

Truth statement: "I am secure."

3 Am I loved?

Need: Feeling known, seen, and emotionally connected to others · **Kryptonite:** Indifference

Your gift: You are gifted at loving and caring for others' emotional and physical needs. You create an environment that helps others feel seen, heard, and treasured, which makes you relationally strong and well liked.

Truth statement: "I am loved."

4 Am I wanted?

Need: Inclusion, feeling accepted and pursued · **Kryptonite:** Being rejected

Your gift: You have a unique ability to make people feel included and part of something. You're strong in social settings, good with people, and have positive relational skills. You also have an innate drive to include others, especially outsiders, and make them feel welcome. You're a powerful connector and team builder.

Truth statement: "I am wanted."

5 Am I successful?

Need: Being appreciated for your contributions · **Kryptonite:** Failure

Your gift: You help everyone win. You're a self starter with an innate ability to solve problems and make things better around you. Your entrepreneurial spirit and can do attitude drive you to engage in multiple initiatives and produce great work. You bring your best as a beautiful benefit to those who have the privilege of working with you.

Truth statement: "I am successful."

6 Am I good enough?

Need: Affirmation, having your unique humanity valued and recognized · **Kryptonite:** Criticism

Your gift: You are a value making machine. You have a sixth sense for spotting untapped resources and often advocate for people and ideas that others too quickly dismiss. You seek out pivotal roles and love to be relied on for your special abilities. You are both highly practical, maximizing what is, and gifted at seeing possibilities all around you.

Truth statement: "I am good enough."

7 Do I have a purpose?

Need: Significance, being part of something bigger than yourself · **Kryptonite:** Pointless work

Your gift: You imagine the best version of the world. Your boundless vision creates projects and movements that make life better for everyone. You rally people to missional causes and encourage others to dream big. You help people unlock their purpose and discover significance. Everybody is a somebody to you.

Truth statement: "I am living in my purpose."

As you read through the seven, one or two will likely resonate more than the others, but your assessment result will confirm which one is truly driving the most beneath the surface.

My Deep Dive

After you've taken the assessment, use this page to sit with your own results. Go slow. There's no rush, and no wrong answer here, just an honest look at what drives you.

NAME

MY PRIMAL QUESTION

MY GIFT

The strength that grows in me when this need is met. (See the Seven Primal Questions for your gift.)

MY SCRAMBLE

What I tend to do, say, or shut down when this need feels threatened or unmet.

WHAT MAKES ME FEEL THIS MOST

The words, actions, or moments that speak directly to this need.

HOW I FEEL WHEN THIS NEED IS MET

HOW I FEEL WHEN IT ISN'T

WHAT GOD SAYS ABOUT HOW HE ALREADY MEETS THIS NEED IN ME

A verse, truth, or promise to return to when this need feels unmet.

Their *Deep Dive*

Once your spouse, or the person you're closest to, has taken the assessment too, use this page for their results, in their own words if possible. Understanding grows fastest when it goes both directions.

NAME

THEIR PRIMAL QUESTION

THEIR GIFT

The strength that grows in them when this need is met. (See the Seven Primal Questions for their gift.)

THEIR SCRAMBLE

What they tend to do, say, or shut down when this need feels threatened or unmet.

WHAT MAKES THEM FEEL THIS MOST

The words, actions, or moments that speak directly to this need.

HOW THEY FEEL WHEN THIS NEED IS MET

HOW THEY FEEL WHEN IT ISN'T

WHAT GOD SAYS ABOUT HOW HE ALREADY MEETS THIS NEED IN THEM

A verse, truth, or promise to return to when this need feels unmet.

REFLECT EACH WEEK

Weekly *Reflection*

Use this page throughout the series, one section per week. Come back to it as each newsletter arrives.

WEEK 1

Rooted in Grace

Where in your relationship do you need to extend more grace to someone who has changed, or who is walking through a season you didn't expect?

WEEK 2

Rooted in Truth

What's one honest conversation you've been avoiding because it feels uncomfortable? What might change if you had it with a goal to understand rather than to prove a point?

WEEK 3

Rooted in Rhythm

What is one daily, weekly, monthly, or yearly rhythm you could commit to, on your own and together, to keep your canteen and your relationship full?

WEEK 4

Rooted in Hope

Where do you most need to choose hope right now, even though the picture isn't finished yet?

NOW TALK ABOUT IT

Conversation *Starters*

Once you know your primal question, and each other's, these prompts are designed to help you turn that insight into real conversation. Pick one or two, not all of them at once, and remember: the goal is to understand, not to fix or to win.

TO UNDERSTAND EACH OTHER'S NEEDS

- When do you feel most loved and understood by me?
- What's a moment recently when you needed something from me, but didn't know how to ask for it?
- What does your scramble look like? What do I see you do, say, or shut down when this need isn't being met?
- How do you feel when this need is met? How do you feel when it isn't?
- What specifically makes you feel [wanted, safe, seen, whatever their word is] most?
- What's one way I could support your need for [their answer] better this week?

TO EXTEND GRACE

- Is there a way I've changed that's been hard for you to adjust to? What would help?
- What's something about who I'm becoming that you're proud of, even if it's different from who I used to be?

TO SPEAK TRUTH IN LOVE

- Is there something you've wanted to tell me but haven't, because it felt too hard to bring up?
- Help me understand why this matters to you.

TO BUILD RHYTHM AND HOPE

- What's one small rhythm we could start this week that would help us both feel full, not just busy?
- What's one thing about our future together that you're hopeful about right now?

TO ROOT IT IN FAITH

- What does God already say about how He meets this need in you? How does that change the way you look for it from me?
- Where have you seen God provide for this need in a season when I couldn't?



*Growth doesn't come overnight
or easily. It takes effort,
intentionality, and a lot of deep
breaths.*

NEXT STEP

Ready to Go *Deeper?*

A newsletter series, or a guide like this one, can start a conversation. It can't finish one.

If you've made it this far, maybe some of this is still sitting with you. Maybe you've been asking yourself things like:

"I know something needs to shift in my marriage, but where do I even start?"

"Is it too late to rebuild what feels distant right now, or is there still time?"

"What if I finally understood what I actually need, and could say it out loud instead of just feeling it?"

"I don't want to just keep reading about this. I want something to actually be different."

Rooted & Rising

If any of those sound like you, that's exactly what [Rooted & Rising](#) was built for.

It's a six-session, one-on-one coaching experience designed to move you forward in the one area you need it most right now, whether that's your marriage, your identity, or the version of yourself you're becoming in this season. We'll start by identifying what's really driving you underneath the surface, and then we'll walk out a plan together, one session at a time, so you're not just understanding yourself better, you're actually moving.

You don't have to stay stuck in the same patterns, having the same unspoken tension, wondering if this is just how it is now. There's a next step, and you don't have to take it alone.

Want to talk it through?

BOOK A FREE CALL WITH TONYA

A CLOSING THOUGHT

Wherever You Are, There's Room for a *New Day*

It doesn't matter where you are in your relationship right now, or what's already happened. There is always room to learn something new, to understand each other a little better, and to keep choosing one another, one honest conversation at a time.

We don't have it all figured out, and we never will. But we'll keep choosing hope, grace, truth, and each other. We hope this guide helps you do the same, whether that's in your marriage, or in whatever relationship matters most to you right now.

With you in it,

Tonya

Motion & Mindset · motionandmindset.com

KEEP GOING

Take the Primal Question Assessment: primalquestion.com

Contact Tonya: tonyapeck@motionandmindset.com