

Katy's story

Last week's article mentioned involvement of my grand-daughters in a parenting course based on health types of individual personalities.

They tell the story of Katy, a Canadian lady whom my grand-daughters classified as a *guardian* health type.

Guardians focus on others, express love, and exchange hugs because they are nurturers and protectors.

But when Katy told the story of her upbringing, my grand-daughters classified Katy's mother with the health type of *sensor*. Such people need their own space, enjoy their own company, are outwardly less expressive, and expect that every one else copes just as well as they do!

Because her mum was therefore less affectionate outwardly, less expressive of emotion, she never met Katy's need for ongoing nurture and understanding. Katy was the loser, never feeling loved for who she was.

Now, 25 years later, when Katy learnt about her personal health type and her mother's different health type, they were able to discuss this together, gaining mutual understanding and now meeting each other's needs.

But Katy spoke with regret of all those wasted years. If only she could have had her mother understand her when she was a little girl rather than only now as an adult.

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How wonderful to have a heavenly Father who thoroughly understands our needs.

Ken Packer