

Story ideas

"Who Is This Monster (or Treasure) in My House?" by Kate Mason

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1. Understanding personalities has been key to swimming through COVID shutdowns and keeping this business afloat.

Since the first COVID-related shutdowns hit South Australia in 2020, Kate and Paul Mason, the husband-and-wife team that owns State Swim, one of Australia's largest indoor swimming schools, had to open and shut their doors repeatedly.

Under normal circumstances, running a family business can be stressful enough, but add to that the close quarters of repeated stay-at-home orders and the business uncertainty introduced by a global pandemic, and you have a recipe for potential marital disaster.

But more than 18 months in, the Masons and their business have faired swimmingly. In her recently-released book [Who Is This Monster \(or Treasure\) in My House?](#), Kate Mason shares how personality type analysis has not only helped her family cope and communicate, but how the same tools can help other families deal with uncertainty, stress, and more.

"As we closed our businesses for the second time, my Introverted Thinking husband drove me crazy as he dwelled on every possible disaster that might happen. As an Extraverted Feeling Type, I insisted

on seeing the glass half full, and desperately missed the external world full of people. I began to feel and act like a caged animal. Fortunately, we know and understand ourselves and each other, and were able to talk through and acknowledge our fears and stresses. We could plan how to actually enjoy our time together – even in lockdown! Had we not had the skills to work things out, we would have been in constant disagreement and full of anger.” (Kate Mason, Who Is This Monster (or Treasure) in My House?)

Related links:

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2. The missing ‘P’ in ‘Family’ - why personality-type analysis may be the key to harmony in the home.

While the Myers-Briggs Type Indicator (MBTI) has long been a staple of personality assessment in business organisations, Kate Mason argues families have as much if not more to gain by using it to improve communication, foster understanding, and gain better connection between family members.

“Just like the workplace, there are many factors that affect the overall configuration of a family’s dynamic. When your family life is fractured and unhappy, it is reflected in all the decisions and daily routines that you have, so obviously we want that dynamic to be a happy and harmonious one.”

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3. Butting heads over parenting styles? Think ‘team’ not ‘adversaries’.

Many parents seem to spend as much time fighting with each other about *how* to parent than they do actually *parenting*. But that needn’t be the case. Understanding each other’s personality differences, including each other’s gifts and limitations, can turn conflict into connection, and bring a newfound harmony to the dynamics in a family.

“Knowing about and understanding personalities made my parenting journey smoother. And the fact that Paul was right beside me, learning about personalities just as I was, made us a great parenting team. Our acquired ability to recognise each other’s personality differences helped us both to adjust to the ‘new normal’ of being parents.” (Page 59)

4. From deep love to deep trouble...and back - when opposites no longer attract, it's time to look even deeper.

Often, partners are attracted to one another expressly because of their differences; it's all new and exciting. But as time goes on, and the novelty wears off, those differences can begin to grate and transform into the cause of relationship problems. How can couples maintain the excitement that springs from their differences while avoiding the worst downsides that threaten to derail their happy life? Kate Mason believes the answer lies in personalities.

"After six years together, Paul and I found ourselves staring at each other with nothing to say but hurtful words. Neither of us could see anything we really liked about the other person anymore. We were too busy telling each other what to do and how to do it. Our inability to understand each other's views on life was rapidly driving us apart." (Page 12)

5. As kids head back to school, many teens may struggle communicating (even more than before!). Here's how you can help.

COVID has been hard on all of us – with the possible exception of extreme introverts! But for many kids in the prime of their formative years of social interaction, the global pause may have unique impacts that adults and younger kids aren't impacted by nearly as much. If you have a teen who's headed back to school, personality expert Kate Mason has some tips to help ease the transition.

"Your kids grunt hello as they climb in the car, and the rest of the journey home is spent in silence as they fiddle with their phones, ear buds firmly in place and music blaring. At home, you ask about their day. If you're lucky, they answer. Then they disappear into their bedrooms." (Page 1)

[Who Is This Monster \(or Treasure\) in My House?](#) by Kate Mason (2021) / Grammar Factory Publishing