

# Temperament, abilities



Lecture 7

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Polyvyannaya



# Temperament, abilities

## MAIN ISSUES

- Definition of temperament
- History of temperament
- Temperament and nervous system
- Types of temperament
- Temperament VS Character (difference)
- Temperament VS Personality (difference)

## ADDITIONAL ISSUES

- Abilities
- Temperament test
- Other typologies in psychology



7

## Temperament, abilities



Меланхолик



Сангвиник



Холерик



Флегматик



## What are the 4 Temperaments?

The 4 Temperaments are  
one window through  
which we can see  
people...

*perhaps understand  
them a little better.*

But there are many other  
windows.





## Other ways of knowing people

For example

- Knowing a person's **life story**
- **Observing** their relationships (how they treat others). One cannot treat others better than he/she treats his-/herself.
- **Discovering** how they think, what they feel, what they want
- ???



## What are our temperament behaviors?

- Our patterns of behavior – the ways we usually respond to situations
- Instinctive or natural behaviors, rather than learned behaviors





## History of Temperament

**Temperament** - mental and physical characteristics of a human according to medieval physiology, resulting from dominance of one of the **four humors**.

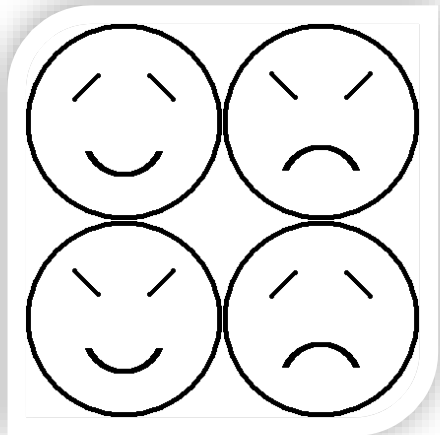
The most famous doctor of antiquity after Hippocrates, Claudius Galen (2nd century BC) developed the first typology of temperaments, which he outlined in the famous **treatise “De temperamentum”** (Latin “proportionality”, “correct measure”). According to his teaching, the type of temperament depends on the predominance of one of the humors in the body.

He identified temperaments that are still widely known today: **sanguine** (from Latin sanguis - blood), **phlegmatic** (from Greek phlegma - слизь), **choleric** (from Greek chole - желчь), **melancholic** (from Greek melas chole - черная желчь).

*Empedocles brought the idea of elements to each temperament.*



*Galen.*





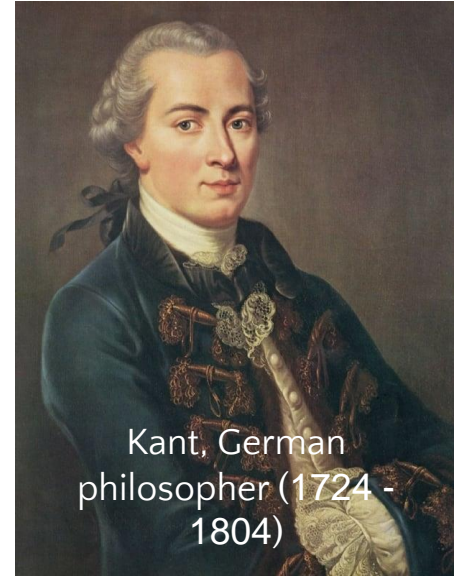
## History of Temperament

Kant divided human temperaments into two types:

- temperaments of feeling (sanguine, melancholic)
- temperaments of activity (phlegmatic, choleric).

Temperaments, according to I. Kant, cannot be combined, since in pairs they are opposite (i.e., there can be no cholera-phlegmatic or sanguine-melancholic).

Characterizing the four types of temperament, I. Kant confuses the concepts of temperament and character. For example, a melancholic is "anxious and distrustful", a sanguine is "carefree and full of hope", a phlegmatic is "strong-willed and patient", a choleric is "ambitious and proud"





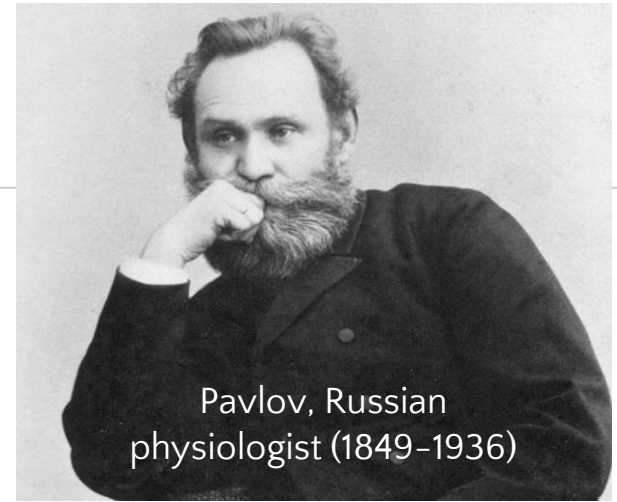


## History of Temperament

4 types of temperament are still sometimes used to understand personality traits and psychological processes, but not in the form in which they were presented by ancient scientists.

**Ivan Pavlov – temperament is natural, inborn feature of the nervous system.**

The creator of the theory of higher nervous activity, studied the psychophysiology of temperament types and proposed the most complete approach to understanding temperament as the basis of individual behavioral differences. For people and animals.



Pavlov associated temperament with three innate properties of the nervous system: **strength, mobility and balance of mental processes.**

**Strength (сила)** determines the ability to engage in any type of activity for a long time and recover quickly,

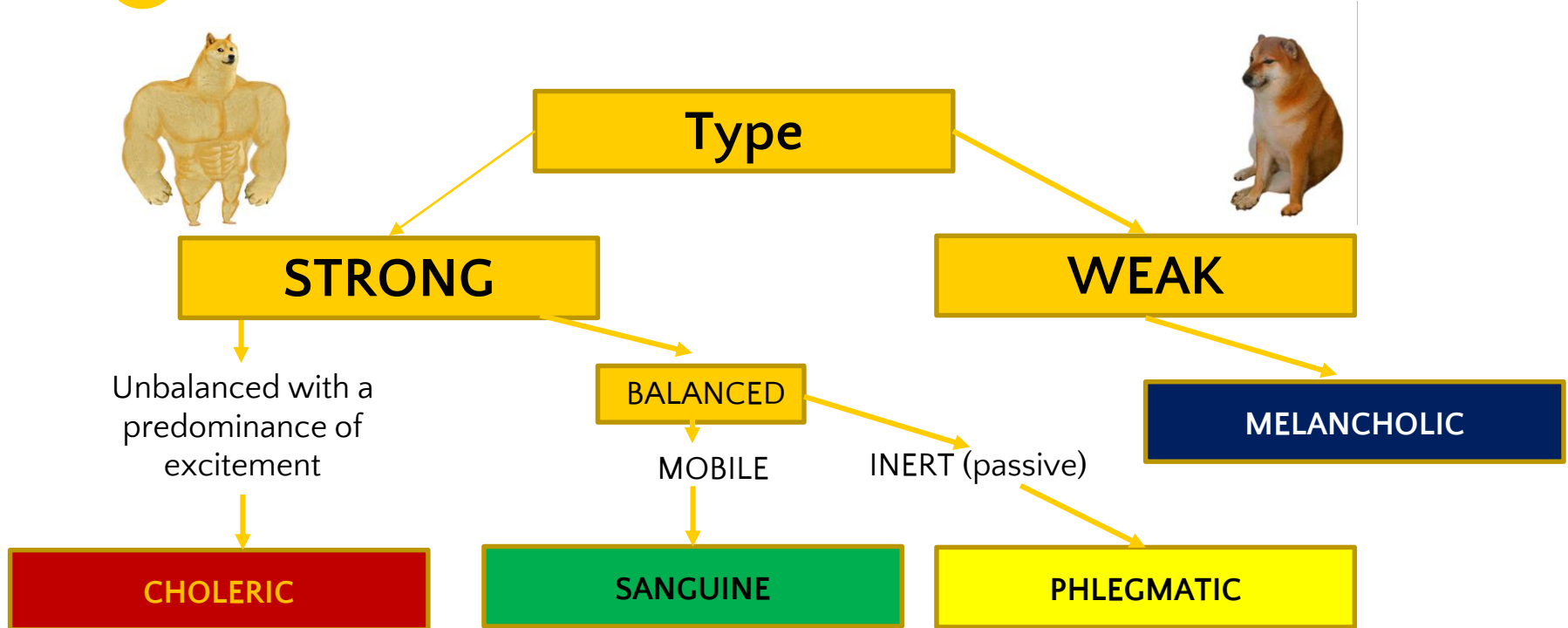
**Mobility (подвижность)** – the ability to quickly switch and acquire new skills,

**Balance (уравновешенность)** – the stability of the emotional state, the ability to manage emotions

# Types of the Nervous System (by Pavlov)



According to Pavlov's theory, a person is born with a certain **genotype (temperament)**. Under the influence of the environment in which a person grows up, it is transformed into a **phenotype (character)**.





## Choleric

- Goal oriented, sees the whole picture
- Seeks practical solutions
- Moves quickly to action
- Thrives on opposition
- Can be blind to their effect on others
- Impatient with meetings – has quick answers
- Can create unnecessary work
- Good at thinking, judging and deciding (not feeling, perceiving, intuiting)



Холерик





## Sanguine

- Provides positive human atmosphere
- Does many things at once
- Does not always complete
- Gets bored when novelty wears off
- Has energy and enthusiasm
- Inspires others to join
- Hard to say “no”
- Concerned with interaction and conflict
- Does not easily know where they stand



Сангвиник





## Phlegmatic

- Good at process
- Mediates problems
- Avoids conflicts
- Finds it hard to be heard
- Has good timing
- Needs deadlines
- Calm under pressure
- Takes time but finds the easy way



Флегматик





## Melancholic

- Schedule and plan orientated
- Perfectionist, high standards
- Detail conscious
- Persistent and thorough
- Orderly and organised
- Sees the problems, expects the worst
- Finds creative solutions
- Resists change



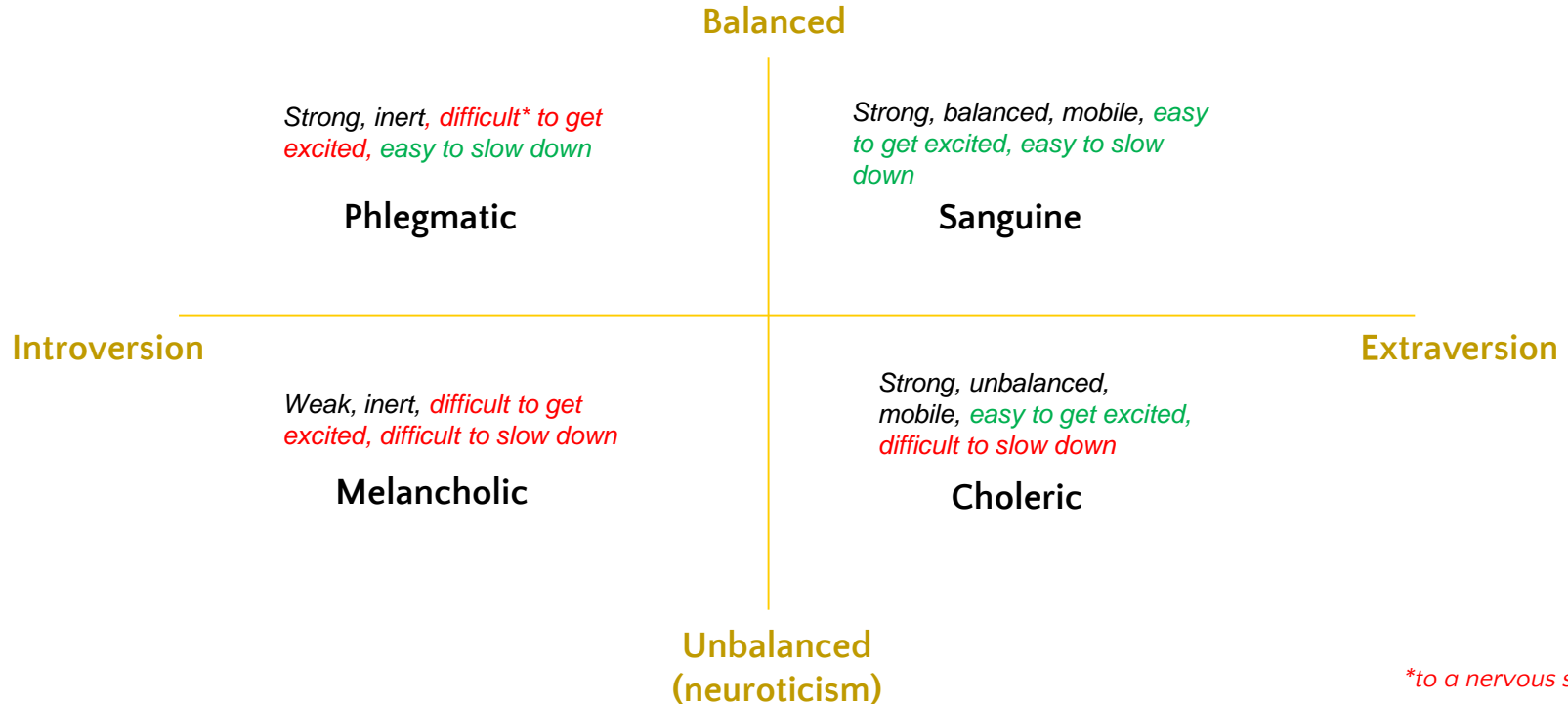
Меланхолик







# Introverts VS Extraverts



*\*to a nervous system*





## Temperament Stress Responses

- **Choleric** is able to instantly flare up when faced with an external irritant. He expresses emotions vividly and violently, but then calms down and solves the problem.
- **Sanguine** is more optimistic and tends to look for advantages in difficult circumstances. He can completely ignore the problem and switch to something else. He tries to shift the decision to another person.
- **Melancholic** often gives up when faced with difficulties. He is very worried and tries to find someone who can help him.
- **Phlegmatic** calmly analyzes the causes that created the problem, and then thinks over a solution plan and implements it step by step.





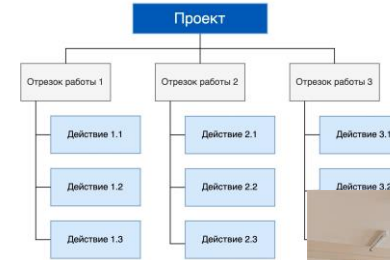
## Needs for temperament types

**Melancholic** needs structure

**Choleric** needs leadership

**Phlegmatic** needs time

**Sanguine** needs space





## If 4 temperaments will be working together

- The Melancholic will be more demanding of the final product
- The Choleric will want increased production
- The Phlegmatic will require more patience
- The Sanguine will need more focus





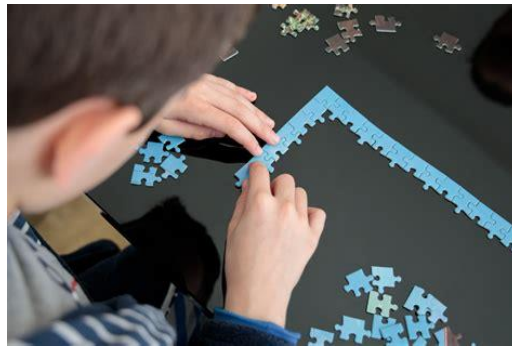
## Self-realization

- **A choleric person** strives for popularity. He is ready to go all out for his goals.
- **A sanguine person** loves to be admired, so he strives to please others and enjoys this process, but tries to avoid difficulties.
- **A melancholic person** values emotional support and recognition by others of his talents and abilities. However, he is capable of giving up if he does not feel support, or out of fear that he will not succeed.
- **A phlegmatic person** loves stability, so he strives to maintain a harmonious environment for him. He tries not to do unnecessary things, but if obstacles and difficulties arise that interfere with his usual way of life, he quickly solves them.





## Interests, hobbies



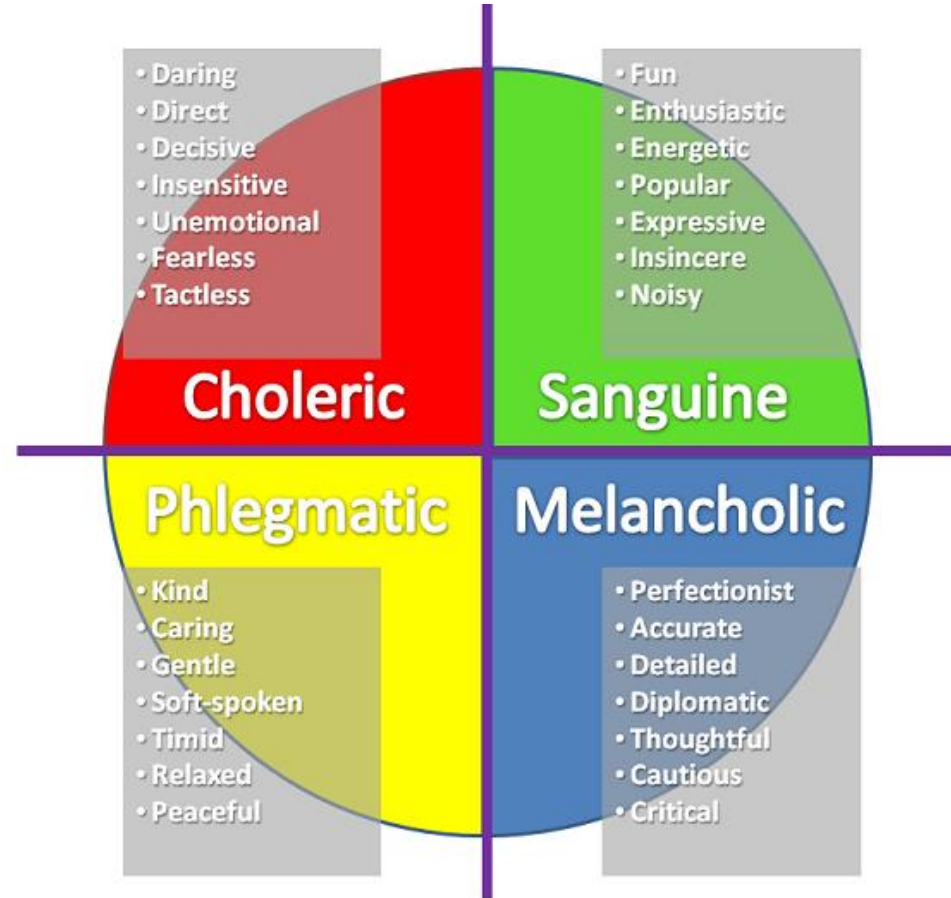
- **A choleric person** loves to spend time actively, so they choose extreme sports, travel, sports and various competitions.
- **A sanguine person** needs spectators and listeners, so he can get carried away by acting, social work, travel and any other work that is closely related to communication.
- **A dreamy and vulnerable melancholic** will prefer art, esotericism, philosophy or handicrafts.
- **A phlegmatic person** will enjoy a good movie, studying some science, farming and gardening, reading books or solving puzzles.





## Strengths

- **Choleric people** clearly show themselves in the role of a leader, they are able to take responsibility for solving global problems, are distinguished by determination, determination, energy and charisma, and easily captivate others with their ideas.
- The strengths of **sanguine people** are the ability to find a common language with almost any person, optimism, benevolence and openness.
- **Phlegmatics** are distinguished by a thorough approach to business, stability, patience, calm and balanced character.
- **Melancholics** can be creative, show analytical skills, attention to detail, and also have a high level of empathy. It is important to learn to accept yourself as you are, to learn to understand yourself and hear your own needs, to adapt your lifestyle to your personal characteristics.





## Some more ideas for takeaway

- A happy family often results from people who have different temperaments – they complement each other. Although, **phlegmatic** people can get along with any psychotype.
- Although choleric people strive for leadership, **the best leaders come from sanguine people**. Nevertheless, hot-tempered and impulsive people also often achieve heights in their careers.
- An individual approach is needed for employees with different temperaments. This is due to the fact that they have **different speeds of perception and processing of information** – some are too slow, while others, on the contrary, are pushy and impulsive





## Temperament VS Character

**Temperament** is rather a **biological** concept that reflects the individual characteristics of the human nervous system. We are talking about innate traits that initially determine *activity, basic energy level, instinctive reaction to various stimuli and situations, emotional stability and mood background*.

**Character** is formed throughout life, it is a set of individual traits that are formed as a result of the interaction of genetic factors and the environment. The formation of character is influenced by upbringing, training, environment, acquired experience, self-awareness, our values, beliefs and behavioral patterns.





## Temperament VS Personality

Temperament refers to consistent individual differences in behavior that are biologically based and are relatively independent of learning, system of values and attitudes. (wiki)

**Personality** is a much broader term, encompassing a lot of the other nuances associated with an individual's traits and preferences.

While temperament **has genetic links and is more of a static category**, an individual's personality is a much more dynamic dimension, as it develops and evolves as they age.

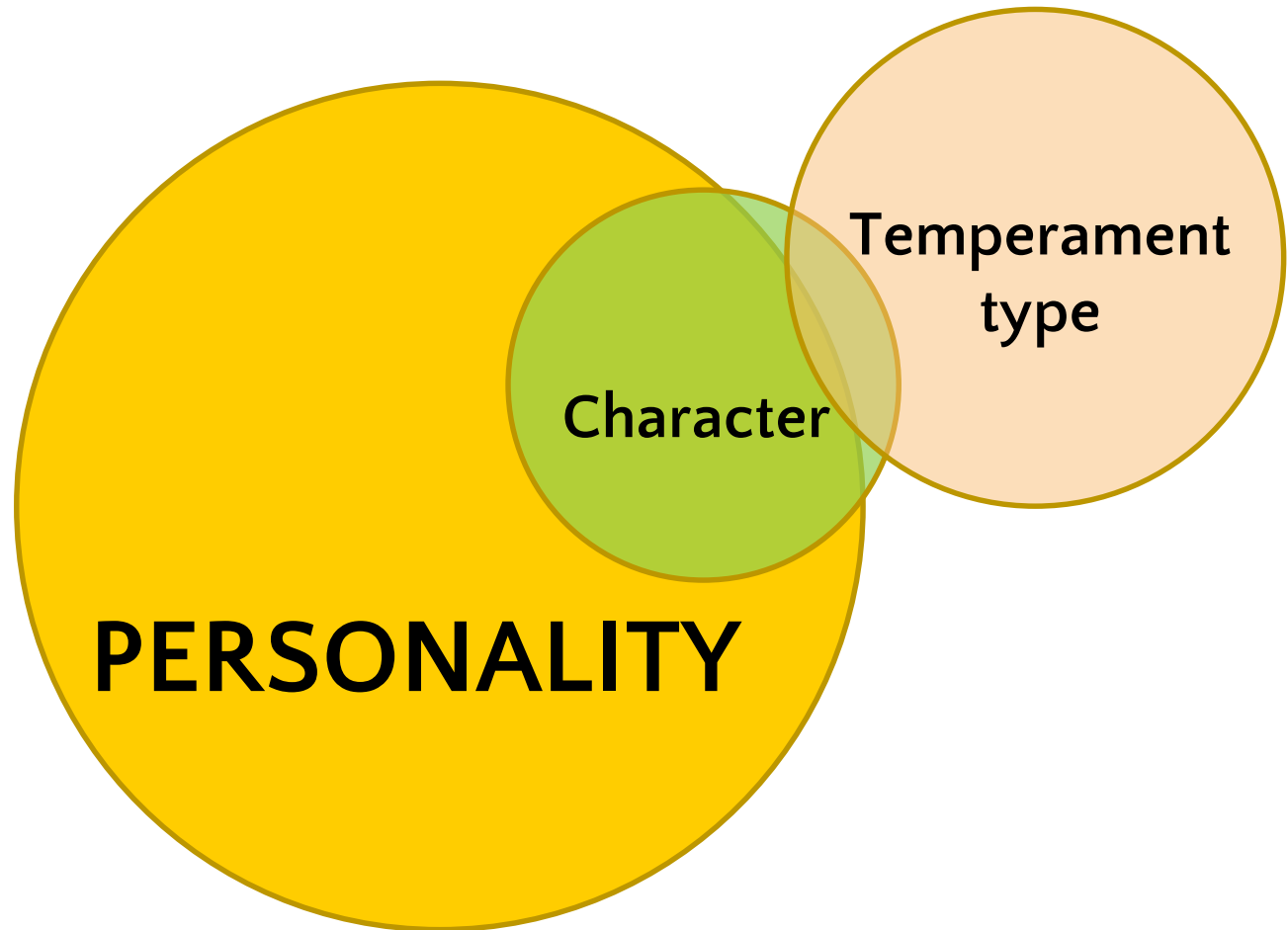
It involves character, defined by core beliefs and moral codes, and various traits.

There are numerous factors that influence its development, including culture, family environment, socialization, etc.

Personality can change, albeit not significantly. Based on life experience, a person's opinions, standards, and beliefs may shift as they age.

Temperament is  
a basis for  
Character.

Character  
evolves within  
Personality but  
is more  
complicated  
construct.





## Can I change my temperament?

**Temperament** is determined by genetic factors and biological characteristics of the body, it is **impossible to change it radically**. However, some aspects of temperament may soften or change somewhat with age, as a result of acquiring and rethinking life experience.

Whatever your temperament type, you can learn to better manage your emotions and reactions to various situations. With the help of methods such as mindfulness practices, relaxation techniques and psychotherapy, you can develop more adaptive behavior strategies, increase your stress resistance and resilience.



## KNOW who you are

- We observe in real life, the types of temperaments are most often mixed.
- Knowing which type you are the most – sometimes is helpful to make a plan of action and understand why in certain situations you behave instinctively the way you do.
- **Phlegmatic** is unemotional, stable and loves routine.
- **Sanguine** maintains a positive attitude and is very sociable.
- **Melancholic** is introverted and vulnerable, restrains emotions.
- **Choleric** is pushy, hot-tempered and emotional.



## Abilities

Abilities (**способности**) are individual psychological characteristics associated with the successful performance of any activity, not reducible to the knowledge, skills and abilities of the individual, but explaining the speed and ease of their acquisition.

Inclinations (**задатки**) are a natural prerequisite of ability, anatomical and physiological features that underlie the development of abilities.

There are no abilities, either outside of activity or outside of inclinations. Inclinations are innate and static. Inclination itself is not defined, is not directed at anything, and is ambiguous. It receives its definition only when included in the structure of activity, in the dynamics of ability.



Phelps, naturally  
born swimmer



## Abilities

**Abilities** exist and develop or die in a personality.

A personality has its own dynamic hierarchy of abilities. In this structure, special personal formations called giftedness are distinguished.

**Giftedness** is a qualitatively unique, personal combination of abilities.

**Genius** is the qualitatively highest degree of development and manifestation of giftedness and talent.





## Exercise in group

- Pass the test for temperament and realize your type
- Try to guess some of your classmates by their type
- Unite with other teammates of your type (if group is too big there can be 2-3 groups of sanguinis, choleric etc.)
- 5 min. to discuss similarities and then presenting to a bigger group what was found, how can you explain what are strengths, weaknesses, beauty of your type.
- **Optional - Next step can be the Manifest – Write a list where you explain how other people, other types should communicate with you, with respect and understanding your natural features.**



## Temperament test (RUSSIAN)

### Как определить свой темперамент?

Для определения типа темперамента разработано множество методик, тестов. Следующий тест позволит вам определить процентное соотношение каждого типа темпераментов и выделить ваш основной тип.

Поставьте плюс, если вы согласны с утверждением и минус, если нет. Вы:

1. **Отличаетесь неусидчивостью.**
2. **Вспыльчивы и импульсивны.**
3. **Чаще всего нетерпеливы.**
4. **Инициативны и решительны.**
5. **Упорны, даже упрямы.**
6. **Быстро ориентируетесь в спорах, находчивы.**
7. **Ритм вашей деятельности неравномерный, скачкообразный.**
8. **Любите рисковать.**
9. **Легко прощаете обиды.**
10. **Ваша речь быстрая и пылкая.**
11. **Часто страдаете от своей неуравновешенности.**
12. **Не терпите недостатков.**
13. **Вас привлекает все новое.**
14. **Ваше настроение часто меняется.**
15. **Вы жизнерадостный и веселый человек.**
16. **Энергия бьет ключом, вы всегда собраны.**
17. **Часто бросаете начатое на полдороге.**
18. **Не всегда адекватно оцениваете свои силы.**





## Temperament test (RUSSIAN)

19. Ваши интересы и увлечения часто меняются.
20. К изменившимся планам и новым обстоятельствам привыкаете легко.
21. Вам не трудно отвлекаться от своих дел, вы быстро разбираетесь с чужой проблемой.
22. Тщательная проработка деталей и кропотливый труд не для вас.
23. Вы отзывчивы, любите общение.
24. Ваша речь внятная и громкая.
25. Вы не паникуете даже в сложных ситуациях, у вас отличное самообладание.
26. Легко засыпаете и быстро просыпаетесь.
27. Вам сложно сосредоточиться, принять обдуманное решение.
28. Вы рассеяны, невнимательны.
29. **Вы сдержанный и хладнокровный человек.**
30. **В своих словах и делах вы отличаетесь последовательностью.**
31. **Вы осторожны и рассудительны.**
32. **Выдержанны, умеете выжидать.**
33. **Неразговорчивы, не любите пустопорожней болтовни.**
34. **Ваша речь размеренна, спокойна.**
35. **Вы грамотно распределяете свои силы, никогда не выкладываетесь полностью.**
36. **У вас существует четкий режим дня, вы планируете свои рабочие дела.**
37. **Спокойно воспринимаете критику, равнодушны к порицанию.**
38. **Вам трудно с ходу переключиться на другую деятельность.**
39. **С другими людьми у вас ровные, хорошие отношения.**
40. **Аккуратны, педантичны в мелочах.**



## Temperament test (RUSSIAN)

**41. Вам сложно приспособиться к новой обстановке и изменившимся планам.**

**42. Вы не любите много двигаться, медлительны.**

43. Вы застенчивый человек.

44. Новая обстановка вызывает у вас замешательство.

45. Вы не уверены в себе, своих силах.

46. Одиночество не тяготит вас.

47. Неудачи и неприятности надолго выбивают вас из колеи.

48. В сложные жизненные периоды вы замыкаетесь в себе.

49. Вы не слишком выносливы, быстро устаете.

50. Ваша речь тихая, иногда невнятная.

51. Вы автоматически перенимаете черты характера собеседника и его манеру говорить.

52. Сентиментальны и впечатлительны.

53. Вы перфекционист, у вас завышенные требования к себе и окружающему миру.

54. Вам свойственна некоторая мнительность и подозрительность.

55. Вас легко обидеть.

56. Вам приятно, когда окружающие сопереживают вам.

**А теперь давайте разберемся с результатами теста. В тесте 4 группы вопросов, в каждой группе 14 утверждений. Первые 14 (с первого по четырнадцатое утверждение) описывают холерический темперамент. Вторая группа, с 15-го по 28-ое утверждение описывает сангвиника. Третья группа, с 29 по 42 – флегматический тип темперамента. И последняя группа, с 43 по 56 утверждение описывает меланхолический темперамент.**

**Если в какой-то из групп вы получили больше 10 плюсов, то этот тип темперамента у вас доминирующий. Если количество плюсов 5-9, то эти черты выражены у вас в значительной мере. И если положительных ответов меньше 4, то черты такого типа темперамента слабо выражены.**



## Temperament test (ENGLISH)

### How to determine your temperament?

To determine the type of temperament, many methods and tests have been developed. The following test will allow you to determine the percentage of each type of temperament and identify your main type. Put a plus if you agree with the statement and a minus if you don't.

You:

1. You are restless.
2. They are hot-tempered and impulsive.
3. Most often impatient.
4. Initiative and decisive.
5. Stubborn, even stubborn.
6. You are quick to navigate in disputes, resourceful.
7. The rhythm of your activity is uneven, spasmodic.
8. You like to take risks.
9. You easily forgive offenses.
10. Your speech is fast and passionate.
11. You often suffer from your imbalance.
12. Do not tolerate shortcomings.
13. You are attracted to everything new.
14. Your mood changes frequently.
15. You are a cheerful and cheerful person.
16. Energy is in full swing, you are always collected.
17. You often give up what you started halfway.
18. You do not always adequately assess your strengths.
19. Your interests and hobbies change frequently.



## Temperament test (ENGLISH)

- 20. You easily get used to changed plans and new circumstances.
- 21. It is not difficult for you to be distracted from your own business, you quickly deal with someone else's problem.
- 22. Careful study of details and painstaking work is not for you.
- 23. You are responsive and love communication.
- 24. Your speech is intelligible and loud.
- 25. You do not panic even in difficult situations, you have excellent self-control.
- 26. You fall asleep easily and wake up quickly.
- 27. It is difficult for you to concentrate and make a deliberate decision.
- 28. You are absent-minded, inattentive.
- 29. You are a reserved and cold-blooded person.**
- 30. In your words and deeds, you are consistent.**
- 31. You are cautious and reasonable.**
- 32. You are restrained, you know how to wait.**
- 33. They are taciturn, do not like idle chatter.**
- 34. Your speech is measured and calm.**
- 35. You distribute your strength wisely, never give your all.**
- 36. You have a clear daily routine, you plan your work affairs.**
- 37. You take criticism calmly, are indifferent to censure.**
- 38. It is difficult for you to immediately switch to another activity.**
- 39. You have an even, good relationship with other people.**
- 40. They are neat, pedantic in small things.**
- 41. It is difficult for you to adapt to a new environment and changed plans.**
- 42. You don't like to move a lot, you are slow.**



## Temperament test (ENGLISH)

- 43. You are a shy person.
- 44. A new environment makes you confused.
- 45. You are not confident in yourself, in your abilities.
- 46. Loneliness does not burden you.
- 47. Failures and troubles unsettle you for a long time.
- 48. In difficult periods of life, you withdraw into yourself.
- 49. You are not very hardy, you get tired quickly.
- 50. Your speech is quiet, sometimes slurred.
- 51. You automatically adopt the character traits of the interlocutor and his manner of speaking.
- 52. Sentimental and impressionable.
- 53. You are a perfectionist, you have excessive demands on yourself and the world around you.
- 54. You are characterized by a certain suspiciousness and suspicion.
- 55. You are easily offended.
- 56. You are pleased when others empathize with you.

**And now let's understand the test results. The test has 4 groups of questions, each group has 14 statements. The first 14 (from the first to the fourteenth statement) describe the choleric temperament. The second group, from the 15th to the 28th statement, describes a sanguine. The third group, from 29 to 42 – phlegmatic type of temperament. And the last group, from 43 to 56, the statement describes the melancholic temperament.**

**If you received more than 10 pluses in any of the groups, then this type of temperament is dominant in you. If the number of pluses is 5-9, then these traits are expressed in you to a large extent. And if there are less than 4 positive answers, then the traits of this type of temperament are weakly expressed.**



## References

- <https://www.youtube.com/watch?v=yBasnNclE38>
- <https://psyhobook.ru/psihologiya/typy-i-vidy-temperamenta>
- <https://www.rbc.ru/life/news/651d996f9a7947cfea2b1fb2>
- <https://mypersonality.net/blog/article/temperament-and-personality>

A photograph of two white doves in flight against a clear, bright blue sky. The dove in the foreground is shown from a low angle, with its wings fully extended, revealing the intricate structure of its feathers. Its head is turned slightly to the right. The second dove is positioned further back and higher up in the frame, also in flight. The overall scene conveys a sense of peace and freedom.

**HOMEWORK?**





## Task for the seminar-7

1

Choose 1 topic below to prepare 1 small **text** from reliable **sources**. Point sources at the end of your text. Not more than 3 pages A4 or 6 slides if presentation.

- Types of temperament
- Best activities and jobs for different temperament types
- Temperament and character – differences
- Temperament and personality – differences
- 10 fun facts of temperament types
- Abilities and inclinations (способности и задатки)
- Phenomena of talent (giftedness) and genius
- Tell about **any** other typology used in modern Psychology (*please do not take types like «what Fairy you are», try to find types really used in Psychology – BIG-5, Krechmer, temperament-based, signal systems – ok, Myers-Briggs (MBTI) is kinda' ok, but look for others as well.*)

OR!!!

2

Writing your own micro-essay (<=350 words) – choose 1 topic

- Why my temperament type is cool
- How understanding of temperaments can help me in communication with others
- A talented person I admire (*explain who is this and why do you admire*)
- The talent/gift I would like to develop in myself

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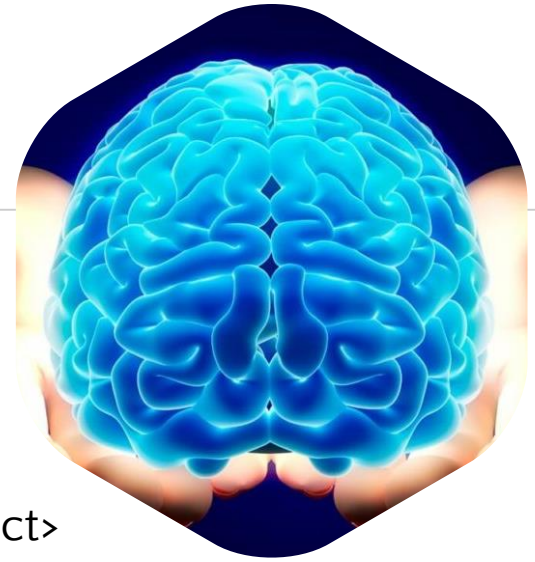
## Task for the seminar

In the **SUBJECT** of the letter,  
it is **MANDATORY** to indicate:

<Group> – <First Name Last Name> – <Work Subject>

**Example:**

IT2-2021 – Maria Kukushkina – WEEK-7 (Types of Temperament).



**SEND TO: [homeworkspsychology@gmail.com](mailto:homeworkspsychology@gmail.com)**



# Thanks!

*Any* **questions** ?

You can find me at

- [homeworkspsychology@gmail.com](mailto:homeworkspsychology@gmail.com)