

## The Four Temperaments



Choleric



Melancholic



Phlegmatic



Sanguine



## **Personality Temperament Test**

Please choose only ONE option

**1. How would you describe your emotional states when dealing with difficult situations?**

**A. You can control your heart by your mind**

**B. You are not so emotional**

**C. Extremely sensitive to hurtful comments**

**D. You are calm, controlled, and build your walls up**



## **Personality Temperament Test**

Please choose only ONE option

**2. How do you react in spontaneous stressful situations?**

**A. Anger wells up and you let it out**

**B. Eyes set on the goal; anyone who can't help, get out of your way**

**C. You cry and worry about the situation for days afterward**

**D. You put up your defensive wall and go the easiest route**



## Personality Temperament Test

Please choose only ONE option

**3. When you are approached with a problem, how do you find the solution?**

- A. You think of innovative ideas and are passionate about them
- B. You think about the end result and find the most logical route
- C. You come up with innovative ideas based on detailed analysis
- D. You don't want to be approached, but can slowly calculate a logical solution



## Personality Temperament Test

Please choose only ONE option

### 4. How would your friends describe you?

A. Highly imaginative; storyteller

B. Practical; dynamic thinker

C. Artistic or musical; detail conscious

D. Detached observer; diplomatic



## Personality Temperament Test

Please choose only ONE option

### 5. What below makes you angry the most?

A. Someone disregards something you are passionate about

B. Someone checks your integrity or second guesses you

C. Someone said or did something to you that you think was meant to hurt you

D. Not to much of anything. It doesn't matter anyway



## Personality Temperament Test

Please choose only ONE option

**6. When you meet other people, how much do you sense what is going on with them?**

**A. Very responsible to others emotions. You want to cheer them up**

**B. Unfeeling. You don't hardly sense anything of what they're feeling**

**C. You are highly sensitive to personal anguish, but other emotions aren't felt as much**

**D. You are observant and sense a wide variety of what they feel, but are not limited to just emotional analysis**



## Personality Temperament Test

Please choose only ONE option

**7. When something occurs in your life that requires change, how do you react on it?**

**A. Embrace it; change is good**

**B. Adjust, change, and move on; the big picture hasn't changed, only small details**

**C. Analyze the situations and figure out all the problems its going to create**

**D. Avoid the change until the last minute possible, hoping you can avoid it**



## Personality Temperament Test

Please choose only ONE option

**8. When people wrong you, how do you react?**

- A. Get upset, blow up in anger, then forget about it soon after**
- B. Push them aside in your mind and forget about them; it's a small thing to worry about it more than a few minutes**
- C. Be quiet at the moment and mutter under your breath about how you plan to get even**
- D. Shrug your shoulders, throw it off, and not say a word to them except in sarcasm**



## Personality Temperament Test

Please choose only ONE option

**9. When you are given a task to accomplish, how do you go about doing it?**

- A. Passionate about it in the beginning, but lose focus without encouragement
- B. Head on, not looking to the left or to the right; self-confident
- C. Analyzing the small details, going over the problems, and presenting your work's results with great attention to detail
- D. They should give you a deadline; you'll procrastinate until the right time, then methodically pull it together with efficient, but not exact, detail



## Personality Temperament Test

Please choose only ONE option

**10. When interacting with other people, friends or not, how do you react?**

A. Outgoing; attention-seeking

B. Bold; unemotional

C. Cautious; listening to complaints or gossip

D. Good listener; avoids conflict and confrontation



## Personality Temperament Test

Please choose only ONE option

**11.** of these four people out of the Bible, whom do you identify with most?

- A. Peter, who spoke before he thought and jumped out of the boat to greet his Friend, who walked on water
- B. Paul, who stayed strong and bold even when his testimony was drastically changed by a humbling experience
- C. Moses, who asked God who he was to set His people free, that he was not worthy enough to do so
- D. Abraham, who didn't ask questions of a source he knew was good, even willing to sacrifice his son at God's command



## Personality Temperament Test

Please choose only ONE option

**12.** How would your friends best describe you?

A. Fun to be around; compassionate

B. Independent; a bit distant

C. Self-sacrificing; problem solver

D. Dependable; mediator, pleasant



## Personality Temperament Test

Please choose only ONE option

**13. When you have many things to keep in mind, how well do you organize it?**

A. Leave it to mental checks, don't take notes; organization is a waste of time

B. Write out goals step-by-step, and look past small details that don't fit them

C. Everything is written down and filed exactly where it needs to go

D. Filing and note-taking is necessary, but almost is good enough; other people come before organizing own ideas



## Personality Temperament Test

Please choose only ONE option

**14. When people approach you with new ideas that you don't totally agree with, how do you react?**

A. Listen and embrace the idea, if it will gain their acceptance

B. Tell them how you feel; stand firm, not caring how loud you get

C. Have a deep, philosophical discussion that lasts for hours

D. Listen intently; if the source is a good one, you accept it without a word; if it is a bad source you cast it away, without a word



## Personality Temperament Test

Please choose only ONE option

**15.** How do you look at your life and the world around you?

- A. The world is yours and its waiting for you to be the star you were born to be
- B. You have a purpose and a big dream and no one can stop you
- C. You have many problems and no one could possibly help you sort them out
- D. Life goes on no matter what happens. There's nothing to get excited about



## Personality Temperament Test

Please choose only ONE option

**16. How do you feel about participating in sports?**

- A. You want to be put in the game. You want to play. You want the ball
- B. You are an aggressive player, but you give pointers to the other players on your team. You play to win
- C. You would rather read a book, watch television or do something creative
- D. You are content to just watch other people play and stay on the sidelines



## Personality Temperament Test

Please choose only ONE option

### 17. What type of movies do you like?

- A. Fast action or slapstick; something that will keep your attention
- B. If you have time for movies, you like ones with big ideas; about people who had big dreams and made them come true
- C. Comedy and dramas that make you think about your own circumstances
- D. It doesn't matter, one way or the other. Whatever everyone else says is worth watching



## Personality Temperament Test

Please choose only ONE option

**18.** How many friends do you have and how do you feel about making new ones?

- A. You have a lot of friends. You make new friends almost every day
- B. You don't need many friends, but you like to hang out with positive-minded people
- C. You have only a couple of close friends, whom you trust. It's hard for you to trust a lot of people. It's a slow process
- D. You are a loner, but if someone wants to be your friend, you will be there for them no matter what



## Personality Temperament Test

**19. What subjects in school did you like most and which subjects could you have done without?**

A. Physical education and art kept your attention, for the most part; you got bored with math. English wasn't bad, if the subject matter suited your taste

B. Politics and science were fascinating, as long as there wasn't too much math involved. Classes you needed to graduate suited you just fine. You had to make yourself like them

C. You didn't have a particular favorite subject. You loved to learn, and the more abstract, the better. Bring on the math class, too. You love manipulating numbers

D. Sociology, Psychology, History and English fascinate you because you like to understand people and how they interact. You aren't very thrilled about math classes, but if you must go, oh well



## Personality Temperament Test

Please choose only ONE option

**20. What kind of writing do you like to do?**

**A. Simple poetry, prose, and short stories**

**B. You write whatever will get your point across to the reader**

**C. Abstract poetry with intricate rhythm and flow, such as sonnets and likewise. You like to write longer works, such as novels. Essays are also fun to write**

**D. You are content to write whatever suits you at the time. If you are blocked in one type of writing, you'll switch, then go back. You go the easiest route your muse takes you**



## Personality Temperament Test

A = 1 point

B = 2 points

C = 3 points

D = 4 points

*Summarize all your points.*



## TEMPERAMENT SCORE RANGE

**SANGUINE**    *20-35 points*

**CHOLERIC**    *36-51 points*

**MELANCHOLIC**    *52-67 points*

**PHLEGMATIC**    *68-80 points*





# BLOOD

The Sanguine Temperament



# SANGUINE

## EMOTION

Unique personality  
Talkative  
Life of the party  
Great sense of humor  
Strong in memorizing colors  
Physically attracting audience  
Emotional & demonstrative  
Enthusiastic & expressive  
Joyful & great passion  
Full of curiosity  
Well-adapted in stage  
Naive & innocent  
Easily altered  
Sincere-hearted  
Always childish

## IN WORKS

Volunteer to work  
Think of new activities  
Looks great on surface  
Creative & innovative  
Great energy & enthusiasm  
Start with a victorious way  
Inspiring others to follow  
Impressing others to work

.extrovert.

.talker.

.optimist.

## AS A FRIEND

Easily befriended  
People-loving  
Likes to be praised  
Looks delightful  
Envied by others  
Not a vindictive person  
Apologize quickly  
Hold back boredoms  
Like being spontaneous

## AS A PARENT

Makes home a delight  
Liked by children  
Change catastrophe into humor  
A circus leader



SLA!

## THEY LIKE BEING POPULAR



## **The Social-Oriented Extrovert**

Sanguines are full of positive energy and love to spend their time with people. As a result, large social gatherings are their natural habitat. Because they enjoy talking with people, they completely dominate the field of sales.

Their optimism, drive, and friendliness make them the best at convincing people to buy products. As no big surprise, they are also highly gifted at evangelism due to their talkative nature and love for people. Their ability to influence and inspire makes them absolutely essential to the health of churches, businesses, and other organizations.



While sanguines may possess great social skills, they typically lack personal management skills.

They are known for being forgetful, disorganized and undisciplined. They are also easily deceived because their optimistic nature believes that people are being honest. Even though sanguines can be disorganized and sometimes naive, society would slump into low morale and selfishness without them. Even though the world may have to remind sanguines to stay focused, sanguines have to remind the world to enjoy life.





# YELLOW BILE

The Choleric Temperament



# choLErIC

.extrovert.

.executant.

.optimist.

## EMOTION

Born to be a leader  
Dynamic & creative  
Great need of change  
Must correct the errors  
Great willingness & firm  
Avoid acting emotionally  
Not easily discouraged  
Free & independent  
Exudes confidence  
Capable to do anything

## IN WORKS

Target-oriented  
See the whole picture  
Well-organized  
Find practical solutions  
Fast-acted  
Delegate  
Emphasis on results  
Making target  
Stimulating activities  
Develop due to competition

## AS A FRIEND

Not need much to be friends  
Need for work on activities  
Need for lead & organize  
Always being true  
Excel in emergency

## AS A PARENT

Provides strong leadership  
Sets target  
Motivates families to groups  
Know the right answer  
Organizing households

THEY LIKE TO HAVE IT THEIR WAY



FLA.

## **The Task-Oriented Extrovert**

If you've ever seen a person tackle an obstacle with aggression and determination, you were probably looking at a choleric. They are the most ambitious of all the temperaments. Because of their ambition and drive, they are extremely competitive, often climbing into positions of leadership. As a result, the majority of businesses and organizations are led by them. Without their powerful leadership ability, the majority of businesses, churches, and countries would fail to prosper.



However, their highly-driven nature can cause them to be ruthlessly insensitive and highly confrontational. Without personal development, choleric are known for hurting people who get in the way of their goals. To serve their purpose, choleric must learn how to channel their aggression into productivity instead of people.





# BLACK BILE

The Melancholic Temperament



# MeLAnchoLy



## EMOTION

Deep & full thought  
Analytic  
Serious & diligent  
Tend to be genius  
Talented & creative  
Artistic or musical  
Philosophical & poetic  
Appreciating beauty  
Sensitive to others  
Self-sacrificing  
Full of awareness  
Idealist

## IN WORKS

Schedule-oriented  
Perfectionist, highly standard  
Aware of details  
Persistent & careful  
Disciplined & organized  
Orderly & neat  
Economist  
Visualize problems  
Making creative solutions  
Finish what has been started  
Prefer diagrams, graphics &  
visual aids

**.introvert.**

**.thinker.**

**.pessimist.**

## AS A FRIEND

Careful in making friends  
Satisfied to stay in background  
Away from attention  
Loyal & dutiful  
Willing to listen to complaints  
Capable in solving others' problems  
So concerned towards others  
Easily moved by tears full with compassion  
Looking for ideal mates

## AS A PARENT

Sets high standards  
Wants everything done right  
Always keep the house neat  
Clean up kids' stuffs  
Willingness to sacrifice for others  
Encourage intelligence and talents



**THEY LIKE TO HAVE IT THE RIGHT WAY**

## **The Task-Oriented Introvert**

Melancholies are typically found either alone in deep thought or in small groups having meaningful conversations. Of all the temperaments, melancholies spend the greatest amount of time in thought trying to understand the world around them. As a result, they often choose careers and ministries where they can use their curious minds. Because they enjoy challenging their minds, they typically possess highly developed problem-solving skills that others need.



While their analytical abilities can be highly beneficial to others, melancholies often criticize people because they notice the smallest details. Their detail-oriented nature can also cause them to struggle with perfectionism and indecision. While melancholies struggle with indecision, ironically, they make wonderful advisers to others who are making decisions. Without the melancholy, governments and businesses would lack the wise advice they need to move forward successfully.



PHLEGM

The Phlegmatic Temperament



# PHLESMATIC

.introvert.

.observer.

.pessimist.

## EMOTION

Humble personality  
Sociable & relaxed  
Quiet & calm  
Patient, well-balanced  
Consistent in life  
Calm but smart  
Sympathetic & kind  
Hides emotions  
Accepting life happily  
Versatile

## IN WORKS

Competent & confident  
Peaceful & easy to agree  
Have the administrative ability  
Mediates problems  
Avoids conflicts  
Well below pressure  
Find an easy way

## AS A FRIEND

Easy to get along with  
Delightful  
Do not like to offend  
Good listener  
A biting sense of humor  
Like watching people  
Have many friends  
Have compassion & concern

## AS A PARENT

A good parent  
Provide time for children  
Not in hurry  
Can take what is good from  
the worst  
Not easily angry



THEY LIKE AS PEACEFUL AS IT CAN

## **The Social-Oriented Introvert**

The relaxed nature of phlegmatics allows them to live in harmony with just about anyone. They aren't controlling like the choleric or critical like the melancholy. They also don't accidentally say inappropriate things like the sanguine occasionally does. Because of their calm nature phlegmatics make loyal employees and supportive friends. While loyal, phlegmatics usually need others to motivate them because of their lack of energy and self-motivation. The phlegmatic's need for motivation to be productive makes them best suited for positions of assistance and service. As long as they have someone giving them directions, they will faithfully fulfill their responsibility.



Without the faithful phlegmatic, those needing help would struggle to get it because the other temperaments are usually too busy pursuing their own interests and goals. As a result, Phlegmatics bring stability, peace, and support to a world that would spin out of control without them.







# **1. How do you feel about unpredictable situations?**

A I absolutely love them. They energize me and make me feel alive!

B I am not sure. It depends.

C I am neutral. They don't make me feel uncomfortable but at times I get annoyed by unexpected surprises.

D It makes me feel very uncomfortable. I love routines and enjoy planning everything ahead.



## **2. Are you spontaneous?**

A Yes! I enjoy doing things at the spur of the moment!

B I wouldn't describe myself as spontaneous. I am an emotional person which means I change my mind often.

C I am not spontaneous but I can take a fast decision when I have to.

D I am not spontaneous at all. I enjoy careful planning and preparation.

### **3. Are you getting bored easily?**

- A Yes, I get bored very fast. I can't take routine and familiarity for very long. I need to see new places, get to know people and do new things or I will go insane.
- B No, not really. I tend to get attached to people and places. This keeps me from getting bored.
- C No, I always do something interesting. I don't depend on other people or circumstances to make me feel happy. I have my own goals and plans – there is no place for boredom in my life.
- D I never experience boredom. I can easily stay in a remote place with no entertainment without getting bored.



#### **4. Your interests:**

A I have a wide range of interests. However, I don't get deeply involved in any given subject.

B I am really into communication and relationships. I am interested in people around me.

C I have many interests but it's hard for me to concentrate on many different subjects at once. I tend to study one subject in detail and then move on to the next one. I am especially interested in technology. I like to figure out things and understand how everything works.

D I can't say I have many interests but I am an educated person.

## **5. How emotional are you?**

A I am emotional, but I am not too sensitive to other people's feelings.

B I am very emotional and very sensitive.

C I remain calm on the outside, even when I'm upset. In general I tend to hide my feelings and I am proud of my ability to solve problems without emotions getting in the way.

D I am not emotional.



## **6. What's your energy level?**

A Extremely high.

B It depends on my mood and what's going on in my life.

C My energy levels are steady. If I feel down I can force myself to carry on as normal.

D Energy level? What do you mean?

## **7. Your ideal weekend:**

A Do something new like traveling.

B Have a quality time with my partner. If I am single I will read romantic books or watch romantic movies.

C Take an advantage of this extra time to learn new things or acquire new skills that will help me achieve my goals.

D I enjoy spending time with family and friends.



## **8. How do you spend your money?**

- A I love luxury and special experiences. I tend to spend a lot.
- B I enjoy buying gifts for people I love.
- C I am good at money management. However I don't mind spending for things that have a real value.
- D I always plan my spending and at times tend to be a little stingy.

A Sanguine  
B Phlegmatic  
C Choleric  
D Melancholic































