**THE FOUR TEMPERAMENT TYPES**

**Sanguine:** The Sanguine temperament personality is fairly extroverted. People of a sanguine temperament tend to enjoy social gatherings, making new friends and tend to be quite loud. They are usually quite creative and often daydream. However, some alone time is crucial for those of this temperament. Sanguine can also mean very sensitive, compassionate and thoughtful. Sanguine personalities generally struggle with following tasks all the way through, are chronically late, and tend to be forgetful and sometimes a little sarcastic. Often, when pursuing a new hobby, interest is lost quickly when it ceases to be engaging or fun. They are very much people persons. They are talkative and not shy. For some people, these are the ones you want to be friends with and usually they become lifelong friends. Sanguine can be sometimes emotional.

**Choleric:** A person who is choleric is a do-er. They have a lot of [ambition](http://en.wikipedia.org/wiki/Ambition), [energy](http://en.wikipedia.org/wiki/Energy), and [passion](http://en.wikipedia.org/wiki/Passion_%28emotion%29), and try to instill it in others. They can dominate people of other temperaments, especially phlegmatic types. Many great charismatic military and political figures were cholerics. They like to be leaders and in charge of everything.

**Melancholic:** A person who is a thoughtful ponderer has a *melancholic* [disposition](http://en.wikipedia.org/wiki/Disposition). Often very considerate and get rather worried when they could not be on time for events, melancholics can be highly creative in activities such as [poetry](http://en.wikipedia.org/wiki/Poetry) and [art](http://en.wikipedia.org/wiki/Art) - and can become occupied with the [tragedy and cruelty in the world](http://en.wikipedia.org/wiki/Problem_of_evil). A *melancholic* is also often a perfectionist. They are often self-reliant and independent; one negative part of being a melancholic is sometimes they can get so involved in what they are doing they forget to think of others.

**Phlegmatic:** Phlegmatics tend to be self-content and kind. They can be very accepting and affectionate. They may be very receptive and shy and often prefer stability to uncertainty and change. They are very consistent, relaxed, rational, curious, and observant, making them good administrators. However they can also be very passive and aggressive.